

02/01	03/01	04/01	05/01	06/01	07/01	08/01
free B1 + C1/core						
		2x30' ergo B2			2x30' ergo B2	

09/01	10/01	11/01	12/01	13/01	14/01	15/01
off	70' B1	GrpeA JISS VO2max	GrpeB JISS VO2max	GrpeA 2x20' B2	30' B1	100' B1
		GrpeB 70' B1	GrpeA 90' B1	GrpeB 90' B1	C2 x2	
				60' B1 + core	B1 free	

16/01	17/01	18/01	19/01	20/01	21/01	22/01
30' B1	30' B1	110' B1	30' B1	30' B1	110' B1	30' B1
2x30' B2	C2 x3		2x30' ergo B2	C2 x3		2x30' B2
60' B1 + core	B1 free		70' B1 + core	B1 free		70' B1 + core

23/01	24/01	25/01	26/01	27/01	28/01	29/01
30' B1	110' B1	30' B1	120' B1	off	C2 x3	90' B1
C2 x3		2x30' ergo B2				
B1 free		70' B1 + core				

30/01	31/01	01/02	02/02	03/02	04/02	05/02
off	70' B1	2x30' ergo B2	C2 x3	70' B1	2x30' B2	70' B1