

20/03	21/03	22/03	23/03	24/03	25/03	26/03
off	free B1					
	C1		core		C1	

27/03	28/03	29/03	30/03	31/03	01/04	02/04
off	90' B1	2x30' B2	90' B1	90' B1	2x30' B2	110' B1
	C1	B1 free	core		C1	

03/04	04/04	05/04	06/04	07/04	08/04	09/04
off	90' B1	2x30' B2		30' B1	30' B1	30' B1
				90' B1	2x30' B2	90' B1
	C1		Settings + 80' B1	C1	45' B1 + B6	

10/04	11/04	12/04	13/04	14/04	15/04	16/04
30' B1	30' B1	30' B1	off	90' B1	30' B1 free	30' B1 free
2x30' B2	110' B1	3x2k (22-24-26)			90' B1	2x30' B2
45' B1 + core	C1				C1	

17/04	18/04	19/04	20/04	21/04	22/04	23/04
off	90' B1	2x30' B2	90' B1	90' B1	30' B1 free	30' B1 free
					90' B1	2x30' B2
	C1		core	45' B1 + B6	C1	

24/04	25/04	26/04	27/04	28/04	29/04	30/04
off	90' B1	2x30' B2	90' B1	90' B1	30' B1 free	30' B1 free
					90' B1	2x30' B2
	C2 x2	core		C2 x3	core	

01/05	02/05	03/05	04/05	05/05	06/05	07/05
off	90' B1	2x30' B2	90' B1	90' B1	30' B1 free	30' B1 free
					90' B1	2x30' B2
	C2 x3	core		C2 x3	core	

08/05	09/05	10/05	11/05	12/05	13/05	14/05
off	30' B1 free	30' B1 free	30' B1 free	30' B1 free	30' B1 free	30' B1 free
	3x2km B2	3x2k (20-22-24-26)	90' B1	3x2km B2	B4 (24-24-28-32)	80' B1 + B6
		45' B1 + B6		45' B1 + B6	B1 free	

15/05	16/05	17/05	18/05	19/05	20/05	21/05
30' B1 free	30' B1 free	30' B1	All Japan Ch.			
2x1000m (sr32/sr36)	45' B1 + B6	B5 1x500m				
B1 free		free				