

18/07	19/07	20/07	21/07	22/07	23/07	24/07
B1 / B2 free				trip	2x30' B2	2x2k (sr24/26)
	C1	C1		45' B1	45' B1 free + C1	45' B1 free + C1

25/07	26/07	27/07	28/07	29/07	30/07	31/07
70' (B1+tech.)	2x30' B2	3x2k (sr24/26/28)	70' (B1+tech.)	2x30' B2	3x2k (sr24/28/32)	12km B1 6x10
off	45' B1 free + C1	45' B1 free + C1	off	45' B1 free + C1	B1 free	off

01/08	02/08	03/08	04/08	05/08	06/08	07/08
B5 1000m	12km B1 6x10	B5 1x500m	2k	B1 free		
B1 free	off	B1 free				

08/08	09/08	10/08	11/08	12/08	13/08	14/08
B1 & B2 free						
	C2 x2			C2 x3		