

24/07	25/07	26/07	27/07	28/07	29/07	30/07
		30' B1	30' B1	110' B1	30' B1	30' B1
		90' B1	Lactate 30' B1 + 30' B2		2x30' B2	C2 x3
	settings + 12km B1	60' B1 + B6 6x10	B1 free + Core		B1 free	B1 free

31/07	01/08	02/08	03/08	04/08	05/08	06/08
110' B1	30' B1	110' B1	30' B1	120' B1	30' B1	30' B1
	3x2k (sr22/24/26)		Lactate 30' B1 + 30' B2		2x30' B2	C2 x3
	60' B1 + B6 6x10		B1 free + Core		B1 free	B1 free

07/08	08/08	09/08	10/08	11/08	12/08	13/08
120' B1	30' B1	120' B1	30' B1	120' B1	30' B1	30' B1
	3x2k (sr24/26/28)		Lactate 30' B1 + 30' B2		2x30' B2	C2 x3
	60' B1 + B6 6x10		B1 free + Core		45' B1 + B6 6x10	B1 free

14/08	15/08	16/08	17/08	18/08	19/08	20/08
120' B1	30' B1	120' B1	30' B1	30' B1	60' B1	30' B1
	3x2k (sr26/28/32)		B5 6x250m	B4 2k		B5 2x500m
	60' B1 + B6 6x10		B1 free			B1 free

21/08	22/08	23/08	24/08	25/08	26/08	27/08
12km B1 6x10	30' B1	2k	90' B1	B1 free	Lactate 30' B1 + 30' B2	Flight
	B5 1x500m					
	free	B1 free				

28/08	29/08	30/08	31/08	01/09	02/09	03/09
settings + 12km B1	16km B1	16km (6x10)	30' B1	12km 6x10	30' B1	
			B5 2x500m		B5 1x500m	
45' walking	45' walking		B1 free		free	

04/09	05/09	06/09	07/09	08/09	09/09	10/09
World Championship Belgrade SERBIE						

11/09	12/09	13/09	14/09	15/09	16/09	17/09
	Flight	off	70' B1	8+ 90' B1	Flight	settings + 12km B1
						8km B1

18/09	19/09	20/09	21/09	22/09	23/09	24/09
12km 6x10	30' B1					
	B5 1x500m					
8km B1 8+	free	Asian Games				