

**Seniors 2019**  
**Menu 3**  
**WCh Linz**

<b>03/04</b>	<b>03/05</b>	<b>03/06</b>	<b>03/07</b>	<b>03/08</b>	<b>03/09</b>	<b>03/10</b>
	15km B2 (2x20')	15km B4 (24-28-32)	15km B1	15km B1	12km B6 (6x10)	12km B5 1x500m
20km B1		15km B1		12km B6 (6x10)		
<b>03/11</b>	<b>03/12</b>	<b>03/13</b>	<b>03/14</b>	<b>03/15</b>	<b>03/16</b>	<b>03/17</b>
2k select	15km B1	20km B1	20km B2	20km B1	20km B2	15km B1
2k select			15km B1 / free			12km B6 (6x10)
<b>03/18</b>	<b>03/19</b>	<b>03/20</b>	<b>03/21</b>	<b>03/22</b>	<b>03/23</b>	<b>03/24</b>
15km B3 (3x2k)	15km B5 2x500	12km B6 (6x10)	12km B5 1x500m			
				JPN Small Boats		
<b>03/25</b>	<b>03/26</b>	<b>03/27</b>	<b>03/28</b>	<b>03/29</b>	<b>03/30</b>	<b>03/31</b>
1h B1 free	off	off	15km B1	15km B1	20km B2	off
<b>04/01</b>	<b>04/02</b>	<b>04/03</b>	<b>04/04</b>	<b>04/05</b>	<b>04/06</b>	<b>04/07</b>
free	3 C2	15km B1	15km B1	C2 x3	20km B1	off
<b>04/08</b>	<b>04/09</b>	<b>04/10</b>	<b>04/11</b>	<b>04/12</b>	<b>04/13</b>	<b>04/14</b>
trip	20km B1	C2 x3	20km B1	20km B2	C2 x3	20km B1
12km B1		15km B1	15km B1 / free		20km B1	15km B1
<b>04/15</b>	<b>04/16</b>	<b>04/17</b>	<b>04/18</b>	<b>04/19</b>	<b>04/20</b>	<b>04/21</b>
20km B2	C2 x4	20km B1	20km B2	C2 x4	20km B1	20km B2
	15km B1	20km B1		15km B1	20km B1 / free	
<b>04/22</b>	<b>04/23</b>	<b>04/24</b>	<b>04/25</b>	<b>04/26</b>	<b>04/27</b>	<b>04/28</b>
C2 x4	20km B1	20km B2	C2 x3	20km B1	20km B2	off
15km B1	15km B1 / free		20km B1	15km B6 (6x10) / free	trip	
<b>04/29</b>	<b>04/30</b>	<b>05/01</b>	<b>05/02</b>	<b>05/03</b>	<b>05/04</b>	<b>05/05</b>
off	15km B1	20km B2	20km B1	15km B3 (3x2k)	JPN - BUL	
			15km B1 / free			12km B1
<b>05/06</b>	<b>05/07</b>	<b>05/08</b>	<b>05/09</b>	<b>05/10</b>	<b>05/11</b>	<b>05/12</b>
16km B6 (6x10)	15km B5 2x500	12km B6 (6x10)	12km B5 1x500m			
	12km B1 / free		8km B1 / free	WC1 Plovdiv		