

# U23 plan 5 WC Poznan

<b>05/21</b>	<b>05/22</b>	<b>05/23</b>	<b>05/24</b>	<b>05/25</b>	<b>05/26</b>	<b>05/27</b>
off	15km B1 / free	15km B1	16km B2 (2x20')		20km B1 / free	20km B2
		C1 (5x6)		C1 (6x6)		
<b>05/28</b>	<b>05/29</b>	<b>05/30</b>	<b>05/31</b>	<b>06/01</b>	<b>06/02</b>	<b>06/03</b>
off	15km B1	20km B2	15km B1	20km B1 / free	15km B1	20km B2
	C1 (6x6)		C1 (6x6)		C1 (6x6)	
<b>06/04</b>	<b>06/05</b>	<b>06/06</b>	<b>06/07</b>	<b>06/08</b>	<b>06/09</b>	<b>06/10</b>
off	20km B1	20km B2	20km B1	20km B2	20km B1 / free	off
	C1 (6x6)		C1 (6x6)		C1 (6x6)	
<b>06/11</b>	<b>06/12</b>	<b>06/13</b>	<b>06/14</b>	<b>06/15</b>	<b>06/16</b>	<b>06/17</b>
15km B1 / free	20km B1	20km B2	off	20km B1	20km B2	20km B1
	C1 (6x6)			C1 (6x6)	B1 free	
<b>06/18</b>	<b>06/19</b>	<b>06/20</b>	<b>06/21</b>	<b>06/22</b>	<b>06/23</b>	<b>06/24</b>
off	20km B2	16km B1	C1 test max	16km B1	15km B4 (24-28-32)	16km B6 (6x10)
	B1 free		B1 free		12 km B1 / free	
<b>06/25</b>	<b>06/26</b>	<b>06/27</b>	<b>06/28</b>	<b>06/29</b>	<b>06/30</b>	<b>07/01</b>
15km B5 2x500	12km B6 (6x10)	12km B5 1x500m	2k race	15km B1 / free	off	off
8km B1		free				
<b>07/02</b>	<b>07/03</b>	<b>07/04</b>	<b>07/05</b>	<b>07/06</b>	<b>07/07</b>	<b>07/08</b>
B1 free	B1 free	15km B1	15km B2 (2x20')	off	B1 free	off
<b>07/09</b>	<b>07/10</b>	<b>07/11</b>	<b>07/12</b>	<b>07/13</b>	<b>07/14</b>	<b>07/15</b>
15km B1	20km B2	20km B1	20km B2	20km B1	16km B6 (6x10)	16km B3 (3x2k)
	12km B6 (6x10)		B1 free			
<b>07/16</b>	<b>07/17</b>	<b>07/18</b>	<b>07/19</b>	<b>07/20</b>	<b>07/21</b>	<b>07/22</b>
15km B1	15km B2 (2x20')	15km B4 (24-28-32)	JPN - POL	boats settings B1 12km	12km B6 (6x10)	15km B5 2x500
12km B1		free				8km B1
<b>07/23</b>	<b>07/24</b>	<b>07/25</b>	<b>07/26</b>	<b>07/27</b>	<b>07/28</b>	<b>07/29</b>
12km B6 (6x10)	12km B5 1x500m					
	free	WC U23 Poznan POL				