

31/10	01/11	02/11	03/11	04/11	05/11	06/11
off	90' B1	B2 2x25' ergo	C2 x2	80' B1	45' B1	45' B1
		60' B1	B1 free	off	2x30' B2	C2 x3
					60' B1	45' B1 + B6 6x10

Seta TT	07/11	08/11	09/11	10/11	11/11	12/11	13/11	14/11	15/11
	off	3km sr30	60' B1 + B6 (6x10)	45' B1	B5 1x500m	Seta 1x	Seta 2-	60' B1	off
		off	free	45' B1 + B6 (6x10)	free				

Toda TT	07/11	08/11	09/11	10/11	11/11	12/11	13/11
	off	2x30' B2	2x 2k 24/26/28	70' B1	3km sr30	45' B1	45' B1
		off	60' B1	off	B1 free	45' B1 + B6 (6x10)	
						B1 free	

14/11	15/11	16/11	17/11	18/11	19/11	20/11
B5 1x500m	Toda 1x / 2-	60' B1 free	off	80' B1	45' B1	45' B1
					C2 x3	2x30' ergo B2
free		core		core	B1 60'	B1 free

21/11	22/11	23/11	24/11	25/11	26/11	27/11
off	80' B1	2x20' B2	1x750m + 1x1000m ergo (race pace)	70' B1	45' B1	5km ergo test
	Core	B1 free		B1 free	1x750m sr26-28 ergo	

28/11	29/11	30/11	01/12	02/12	03/12	04/12
off	60' B1	2x30' ergo B2	80' B1	90' B1	45' B1	45' B1
			Core		C2 x3	2x30' B2
					B1 60'	B1 free

05/12	06/12	07/12	08/12	09/12	10/12	11/12
off	70' B1	2x30' ergo B2		45' B1	20' B1 + Core	45' B1
				C2 x3	90' B1	2x30' B2 ergo
	Core	off	Settings + B1	60' B1	45' B1 + B6 (6x10)	off

12/12	13/12	14/12	15/12	16/12	17/12	18/12
110' B1	20' B1 + Core	45' B1	90' B1	45' B1	20' B1 + Core	45' B1
	2x20' B2 ergo	2x1250m (sr28to36)		2x1000m (sr32/sr36)	60' B1	B5 1x500m
45' B1 + B6 (6x10)	60' B1	60' B1	off	60' B1 free	off	45' B1 + B6 (6x10)

19/12	20/12	21/12	22/12	23/12	24/12	25/12
45' B1	2k Concept2 & RP3 tests					
B5 6x250m						
off	free	free				

26/12	27/12	28/12	29/12	30/12	31/12	01/01