

22/05	23/05	24/05	25/05	26/05	27/05	28/05
B1 free				90' B1	2x30' B2	90' B1
				core		core

29/05	30/05	31/05	01/06	02/06	03/06	04/06
	90' B1	30' B1	30' B1	30' B1	30' B1	30' B1
		90' B1	3x 2km B2	90' B1	3x 2km B2/B3 20 / 22 / 24	B5 2x750m sr32 sr36
Settings + 80' B1	45' B1	45' B1 + B6(6x10)		core	45' B1 + B6(6x10)	

05/06	06/06	07/06	08/06	09/06	10/06	11/06
30' B1	B5 1x750m (race pace)	2k race	2k race	off	90' B1	90' B1
60' (B1 + B6)						
	free				core	

12/06	13/06	14/06	15/06	16/06	17/06	18/06
off		30' B1	30' B1	30' B1	30' B1	90' B1
		90' B1	C2 x3	90' B1	2x30' B2	
	Settings + 80' B1	core	B1 free		core	

19/06	20/06	21/06	22/06	23/06	24/06	25/06
30' B1	30' B1	30' B1	30' B1	30' B1	B1 free	
C2 x3	90' B1	2x30' B2	90' B1	C2 x3		
B1 free	45' B1 + B6(6x10)		45' B1 + B6(6x10)			

26/06	27/06	28/06	29/06	30/06	01/07	02/07
off	70' B1	2x30' B2	70' B1	C2 x3	70' B1	off

03/07	04/07	05/07	06/07	07/07	08/07	09/07
off		30' B1	30' B1	30' B1	30' B1	B3 3x 2km 24sr
		90' B1	C2 x3	2x30' B2	90' B1	
	Settings + 80' B1	45' B1 + B6(6x10)	70' B1		45' B1 + B6(6x10)	

10/07	11/07	12/07	13/07	14/07	15/07	16/07
30' B1	30' B1	60' B1	JPN - BUL	60' B1	30' B1 free	30' B1 free
90' B1	B4 2k(24-24-28-32)				70' B1	3x 2km B2
45' B1 + B6(6x10)	B1 free	JPN - BUL	Settings + B1	45' B1 + B6(6x10)	45' B1 + B6(6x10)	off

17/07	18/07	19/07	20/07	21/07	22/07	23/07
30' B1	30' B1	B5 1x750m (race pace)	WCh. Plovdiv			
B5 1000m+750m sr32 sr36	60' (B1 + B6)					
B1 free		free				