

Seniors 2月 2024

05/02	06/02	07/02	08/02	09/02	10/02	11/02
off		110' B1	2x30' B2	90' B1	60' B1	off
					4x1000m	
	Core	70' B1 free		Core	60' B1	

12/02	13/02	14/02	15/02	16/02	17/02	18/02
90' B1	60' B1 + B6	30' B1	2k TT	off	90' B1	90' B1
		B5 1x500m				
B1 free		B1 free	2k TT		off	70' B1 free

19/02	20/02	21/02	22/02	23/02	24/02	25/02
2x30' B2	90' B1	30' B1 free	90' B1 + B6	30' B1 free	60' B1 + B6	30' B1
		2x1250m(24-32/28-36)		2x1000m		B5 1x500m
Core	60' B1 + B6	B1 free		B1 free		B1 free

26/02	27/02	28/02	29/02	01/03	02/03	03/03
SBS			off	60' B1	90' B1	2x20' B2
				free	60' B1 + B6	free

04/03	05/03	06/03	07/03	08/03	09/03	10/03
B5 1x500m	Seat races		off	B1 free		
free						