

World Cup II Lucerne 2024

22/04	23/04	24/04	25/04	26/04	27/04	28/04
off	B1 free + Core					

29/04	30/04	01/05	02/05	03/05	04/05	05/05
1h B1	2h B1 (Bike)	1h B1	1h B1	2h B1 (Bike)	1h B1	3h B1 (Bike)
30'B1+ 6x3' (1' 30off) + 30'B1		Core	30'B1+ 7x3' (1' off) + 30'B1		30'B1+ 8x3' (1' off) + 30'B1	
1h B1 free		1h B1 free	1h B1 free		1h B1 free	

06/05	07/05	08/05	09/05	10/05	11/05	12/05
off	JPN - FRA	1h B1	1h B1	1h B1	1h B1	1h B1 free
JPN - FRA	Settings + B1	45' walking (no sleep!)	30'B1+ 6x3' (1' off) + 30'B1	Core	30'B1 + 6x25max (4'30 rest) + 30'B1	
			1h B1 free	1h B1 free	1h B1 free	

13/05	14/05	15/05	16/05	17/05	18/05	19/05
1h B1	1h B1	1h30 B1	1h B1	off	1h B1	30' B1
Core	30'B1 + 7x25max (4'30 rest) + 30'B1		30'B1 + 8x25max (4'30 rest) + 30'B1			15' B1 + 4x 4' (1' off) 30' B1
1h B1 free	1h B1 free		45' B1 free			1h B1 free

20/05	21/05	22/05	23/05	24/05	25/05	26/05
1h B1	30' B1	FRA - SUI	1x 500m	WC2 Lucerne		
	30'B1 + 4x25max (4'30 rest) + 30'B1		free			
		45' B1				

27/05	28/05	29/05	30/05	31/05	01/06	02/06
off	B1 free + Core					