



26.1. Wednesday

- arrival 12:00 – 18:00

17:00 – easy run

19:00 – dinner

Evening – welcome meeting

27.1. Thursday

7:00 – breakfast

9:30 – run/XCskiing 40-70' (popradské pleso)

12:00 – lunch

14:00 – snow intervals (4-6x 3-4')

19:00 – dinner

Evening – stretching

28.1. Friday

7:00 – breakfast

9:30 – run/XCskiing 40-70'

12:00 – lunch

14:00 – run/skimo - Solisko peak

18:00 – dinner

19:00 – ABC, drills

Evening – second dinner

29.1. Saturday

7:00 – breakfast

9:30 – tempo run 20-30'

12:00 – lunch

15:00 – run/XCskiing 50-80'

19:00 – dinner

Evening – stretching, meeting

30.1. Sunday

7:00 – breakfast

9:30 – run/XCskiing 50-80'

12:00 – lunch - departure