

# TRAINING SCHEDULE

## ESSENT ISU WORLD SPRINT SPEED SKATING CHAMPIONSHIPS JANUARY 22 & 23, 2011

DAY	DATE	FROM	TILL	ACTIVITY	REMARKS	WEIGHTROOM	DAY	DATE	FROM	TILL	ACTIVITY	REMARKS	WEIGHTROOM		
Monday	jan-17	16:00	16:40	Training		New fitness hall 10:30 hrs. till 15:30 hrs.	Friday	jan-21	9:00	9:45	Training	Trial starts	New fitness hall 10:30 hrs. till 15:30 hrs.		
		ice prep.							ice prep.						
		16:55	17:30	Training					10:00	10:45	Training				
									ice prep.						
									11:00	11:45	Training				
								ice prep.							
								14:00	14:45	Training					
								ice prep.							
Tuesday	jan-18	11:15	12:00	Training		New fitness hall 10:30 hrs. till 15:30 hrs.			15:00	15:45	Training	Trial starts			
		ice prep.							ice prep.						
		12:15	13:00	Training					16:00	16:45	Training				
		16:00	16:40	Training											
		ice prep.													
		16:55	17:30	Training			Saturday	jan-22	9:00	9:45	Training		New fitness hall 10:30 hrs. till 15:30 hrs.		
									ice prep.						
									10:00	10:45	Training				
									ice prep.						
									11:00	11:45	Training				
									ice prep.						
									12:00	12:40	Training				
									ice & trackprep.						
									13:15		Start of competition				
Wednesday	jan-19	11:15	12:00	Training		New fitness hall 10:30 hrs. till 15:30 hrs.			9:00	9:45	Training		New fitness hall 10:30 hrs. till 15:30 hrs.		
		ice prep.							ice prep.						
		12:15	13:00	Training					10:00	10:45	Training				
									ice prep.						
		16:00	16:40	Training					11:00	11:45	Training				
		ice prep.						ice prep.							
		16:55	17:30	Training				12:00	12:40	Training					
									ice & trackprep.						
									13:15		Start of competition				
Thursday	jan-20	11:15	12:00	Training		New fitness hall 10:30 hrs. till 15:30 hrs.	Sunday	jan-23	9:00	9:45	Training		New fitness hall 10:30 hrs. till 15:30 hrs.		
		ice prep.							ice prep.						
		12:15	13:00	Training					10:00	10:45	Training				
									ice prep.						
		16:00	16:40	Training					11:00	11:45	Training				
		ice prep.						ice prep.							
		16:55	17:30	Training				12:00	12:40	Training					
									ice & trackprep.						
									13:15		Start of competition				