

TEMPLATE TRAINING SESSIONS SCHEDULE



BERLIN - GERMANY
27 - 29 JANUARY 2017

WORLD CUP
SPEED  SKATING

DAY	FROM	UNTIL	REMARKS	DAY	FROM	UNTIL	REMARKS
Monday	morning session			Friday	OPTIONAL		All participants
	09:15	10:00	Teams II		Ice preparation		
	Ice preparation						All participants
	10:15	11:00	Teams II		Ice preparation		
	Ice preparation						All participants
	11:15	12:00	Teams I		Ice preparation		
	Ice preparation						warming-up B-group
	12:15	13:00	Teams I		Ice&track preparation		RACES B-GROUP
							warming-up A-group
	afternoon session		All participants		Ice&track preparation		
	Ice preparation						RACES A-GROUP
	15:15	16:00			OPTIONAL		All participants
Ice preparation		Ice preparation					
Tuesday	16:15	17:00				All participants	
	morning session			Saturday	Ice preparation		
	09:15	10:00	Teams I				warming-up B-group
	Ice preparation				Ice&track preparation		RACES B-GROUP
	10:15	11:00	Teams I				warming-up A-group
	Ice preparation				Ice&track preparation		
	11:15	12:00	Teams II				RACES A-GROUP
	Ice preparation				OPTIONAL		All participants
	12:15	13:00	Teams II		Ice preparation		
							All participants
	afternoon session		All participants		Ice preparation		
	Ice preparation				Ice preparation		
15:15	16:00				warming-up B-group		
Ice preparation		Ice&track preparation		RACES B-GROUP			
Wednesday	16:15	17:00				warming-up A-group	
	morning session			Sunday	Ice&track preparation		
	09:15	10:00	Teams II				RACES A-GROUP
	Ice preparation						
	10:15	11:00	Teams II				
	Ice preparation						
	11:15	12:00	Teams I				
	Ice preparation						
	12:15	13:00	Teams I				
	afternoon session		All participants				
	Ice preparation						
15:15	16:00						
Ice preparation							
Thursday	16:15	17:00					
	morning session						
	09:15	10:00	Teams I				
	Ice preparation						
	10:15	11:00	Teams I/trial starts				
	Ice preparation						
	11:15	12:00	Teams II/trial starts				
	Ice preparation						
	12:15	13:00	Teams II				
	afternoon session		All participants				
	Ice preparation						
15:15	16:00						
Ice preparation							
	16:15	17:00					