TEMPLATE TRAINING SESSIONS SCHEDULE



DAY	FROM	UNTIL	REMARKS	DAY	FROM	UNTIL	REMARKS
	morning session				OPTIO	NAL	All participants
	09:15	09:15 10:00			Ice preparation		
	Ice preparation						All participants
	10:15	11:00	Teams II		Ice prepa	ration	
	Ice prep	paration					All participants All participants All participants All participants warming-up B-group RACES B-GROUP warming-up A-group All participants All participants Warming-up B-group RACES A-GROUP warming-up A-group RACES A-GROUP Warming-up A-group RACES B-GROUP Warming-up B-group RACES B-GROUP
	11:15	12:00	Teams I	Friday	Ice prepa	ration	
Monday	Ice prep	paration					warming-up B-group
	12:15	13:00	Teams I		Ice&track pr	reparation	RACES B-GROUP
	afternooi	n session					warming-up A-group
	Ice prep	paration			Ice&track pr	eparation	
	15:15	16:00	All participants				RACES A-GROUP
	Ice prep	aration			OPTIO)	NAL	All participants
	16:15	17:00			Ice prepa	ration	
	morning	session					All participants
	09:15	10:00	Teams I		Ice prepa	ration	
morni 09:15 Ice p 10:15 Ice p 11:15 Monday Ice p 12:15 Afterno Ice p 15:15 Ice p 15:15 Ice p 16:15 Morni 09:15 Ice p 10:15 Ice p 10:15 Ice p 10:15 Ice p 10:15 Ice p 11:15 Vegenesday Ice p 10:15 Ice p 16:15 Morni 09:15 Ice p 16:15 Morni 09:15 Ice p 10:15 Ice p 10:15 Ice p 10:15 Ice p 11:15 Ice p <td< td=""><td>Ice prep</td><td>paration</td><td></td><td colspan="2">Saturday</td><td></td><td>warming-up B-group</td></td<>	Ice prep	paration		Saturday			warming-up B-group
	10:15	11:00	Teams I		Ice&track pr	reparation	RACES B-GROUP
	Ice preparation						warming-up A-group
	11:15	12:00	Teams II		Ice&track pr	reparation	
Tuesday	Ice prep	paration					RACES A-GROUP
		13:00	Teams II		OPTIO]	NAL	All participants
	afternool				Ice prepa	ration	All participants All participants All participants All participants Warming-up B-group RACES A-GROUP warming-up A-group RACES B-GROUP warming-up B-group RACES B-GROUP warming-up A-group RACES B-GROUP warming-up A-group All participants All participant
	Ice prep						All participants
	15:15	16:00	All participants		Ice prepa	ration	
	Ice prep	aration		Sunday			warming-up B-group
		17:00			Ice&track pr	eparation	RACES B-GROUP
	morning						warming-up A-group
		10:00	Teams II	Ice preparation Sunday Ice&track preparation Ice&track preparation	reparation		
	Ice preparation						RACES A-GROUP
		11:00	Teams II				
	Ice preparation						
			Teams I	ΔТ	ATTENTIONIII Sessions		
Wednesday	Ice prep						
		13:00	Teams I	mar	ked blue	are di	vided in
	afternoon session			desi	designated groups: I and II:		
	Ice prep				5	oup.	RACES B-GROUP warming-up A-group RACES A-GROUP
		16:00	All participants	Teams I: N	National teams	of AUS. I	BEL, CHN, COL.
	Ice prep	aration				OPTIONAL All participan Ice preparation All participan Ice preparation All participan Ice preparation RACES B-GRO warming-up B-g ktrack preparation RACES A-GR OPTIONAL All participan Ice preparation All participan Ice preparation All participan Ice preparation RACES B-GRO warming-up B-g ktrack preparation RACES B-GRO warming-up B-g ktrack preparation All participan Ice preparation All participan	

CZE, FRA, GER, JPN, LAT, NED, USA, NZL

	16:15	17:00		
	morning	session		
	09:15	10:00	Teams I	
	Ice prep	aration		
	10:15	11:00	Teams I/trial starts	
	Ice prep	aration		
	11:15	12:00	Teams II/trial starts	p
Thursday	Ice prep	aration		
	12:15	13:00	Teams II	
	afternoor	n session		
	Ice prep	aration		
	15:15	16:00	All participants	(
	Ice prepa			
	16:15	17:00		

Teams II: National teams of AUT, BLR, CAN, DEN, ESP, EST, FIN, HUN, ITA, KAZ, KOR, NOR, POL, ROM, RUS, SUI, SWE, TPE

Training session marked yellow - are for all participants from national and multinational teams.

WARMING-UP ONLY FOR **COMPETITORS OF THIS RACE DAY !!!**