

# "REVISED " TRAINING SCHEDULE NOVEMBER 28, 2011

## ESSENT ISU WORLD CUP SPEED SKATING DECEMBER 2, 3 & 4, 2011

DAY	DATE	FROM	TILL	ACTIVITY	REMARKS	WARMING UP	DAY	DATE	FROM	TILL	ACTIVITY	REMARKS	WARMING UP		
Monday	nov-28	11:00	11:50	Training		Fitness hal for warming up & cooling down	Friday	dec-02	8:15	9:00	Training		Fitness hal for warming up & cooling down		
		ice prep.								ice prep.					
		12:00	12:50	Training							9:15			10:00	Training
		ice prep.								ice & track prep.					
		16:00	16:40	Training							10:30				Start of comp. B-div.
		ice prep.													
		16:55	17:30	Training								Weight, sprint & imitations training see below *)			
Tuesday	nov-29	10:00	10:40	Training 1		Fitness hal for warming up & cooling down	Saturday	dec-03	8:15	9:00	Training		Fitness hal for warming up & cooling down		
		ice prep.								ice & track prep.					
		10:50	11:25	Training 1							9:30				Start of comp. B-div.
		ice prep.													
		11:35	12:10	Training 2											
		ice prep.													
		12:20	13:00	Training 2								Weight, sprint & imitations training see below *)			
		16:00	16:40	Training											
		ice prep.													
		16:55	17:30	Training											
Wednesday	nov-30	10:00	10:40	Training 2		Fitness hal for warming up & cooling down	Sunday	dec-04	8:45	9:30	Training		Fitness hal for warming up & cooling down		
		ice prep.								ice & track prep.					
		10:50	11:25	Training 2							10:00				Start of comp. B-div.
		ice prep.													
		11:35	12:10	Training 1											
		ice prep.													
		12:20	13:00	Training 1								Weight, sprint & imitations training see below *)			
		16:00	16:40	Training											
		ice prep.													
		16:55	17:30	Training											
Thursday	dec-01	9:00	9:50	Training 1		Fitness hal for warming up & cooling down	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     Because of Safety matters training sessions are divided in 2 Groups :                      Training 1: Teams of Asia, North America, Oceania                      Training 2: Teams of Europe  <b>ATTENTION</b> </div>								
		ice prep.												Trial starts	
		10:00	10:50	Training 1											Trial starts
		ice prep.													
		11:00	11:50	Training 2											
		ice prep.													
		12:00	12:50	Training 2											
		ice prep.													
		13:30	14:20	Training 1											
		ice prep.													
		14:30	15:20	Training 1											
		ice prep.													
		15:30	16:20	Training 2											
		ice prep.													
		16:30	17:20	Training 2											

\* ) Call for appointment Aart van der Wulp, mob.nr. : +31 (0) 6 27056700