

"PROVISIONAL" SCHEDULE "TRAINING SESSIONS"

10-12 JANUARY 2020							
DAY	FROM	UNTIL	REMARKS	DAY	FROM	UNTIL	REMARKS
	morning session		Warming up GYM		mornin	g session	warming up GYM
	11.00 11.45				10:00	10:45	
	Ice preparation				Ice pre	paration	
	12.00 12:45				11:00	11:45	
	afternoor	n session	Warming up GYM		afternoo	on session	
	15:30 16:15			7.11	14:00	14:45	
Monday, 6 January	Ice prepa	aration		Friday, 10 January	Ice pre	paration	
Juliun	16:30	17:15		January	17:45	18:15	Warming up
					Ice pre	paration	
					18:30	19:00	Warming up
					Ice & track	preparation	
					19:30	START	
Tuesday 7 January	morning	session	Warming up GYM		mornin	g session	Warming up GYM
	11:00	11:45			09:00	09:45	
	Ice preparation				Ice pre	paration	
	12:00 12:45				10:00	10:45	
				Cotundou 11			
	afternoon session		Warming up GYM	Saturday 11 January	afternoo	on session	
	15:30 16:15				11:55	12:25	Warming-up
	Ice prepa	aration			Ice prepar	ation short	
	16:30 17:15				12:40	13:10	Warming-up
					Ice & track	preparation	
					13:40	START	
						<u> </u>	
Wednesday 8 January	morning		Warming up GYM			g session	
	11:00 11:45			-	09:00	09:45	
	Ice preparation			-		paration	
	12:00	12:45		-	10:00	10:45	
				-		1	
	oftown oon gogsion		Warming up GYM	Sunday 12	- 64		
	afternoon session		warning up GTM	January -		n session	Waminann
	Ice preparation				12:30	13:00 ration short	Warming up
	15:30 16:15 Ice preparation			-	13:15	13:45	Warming-up
	16:30	17:15		<u> </u>		preparation	w arming-up
	10.30	17.13		-	14:15	START	
	I			-	14.13	SIAKI	
	morning	session	Warming up GYM			<u> </u>	
ŀ	11:00	11:45	Trial starts				
	Ice preparation		TIMI DIMITO				
ŀ	12:00 12:45		Trial starts				
Thursday 9 January	12.10		TIMI DIMITO				
	afternoon session		Warming up GYM				
	15:00 15:45		6 .rr - 11.12				
	Ice preparation						
	16:00 16:45			For using	For using fitness accommodation make an appointment!! E-mail to: r.hoekstra@topsportnoord.nl		
ļ	Ice preparation			8			
	17:00 17:45						

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