

Ne 31.		1000R 1800 (25/+25≈, 50/+50≈, PZě), 300TC≈ 12x125K/+25≈, 300TC≈ 16x50K 45“, druhá25hypoxicky, VDP
Po 1.	1000R v kuse : 3x100K 1'15“/1'45“+3x200K 2'35“/3' +3x300K 3'50“/4'+3x400K 5'5'15“+3x500K 6'15“, 400TC≈ 1500 (50M+50Z+50P.....) VDP	1000R 24x50 PZě stupň3, 50“, 300TC≈ 18x100K 1'15“, 400TC≈ 11x200PZ 3 VDP
Út 2.	1000R 8x (300K 3'45“+3x50K 45“/60“) 300TC≈ 6x300 PZ 4'30“ (4x25/4x75/25/75/25/75) VDP	1000R 4x skládaná 100PZ s 25≈ mezi(25M/+25≈,50MZ/ +25≈,75MZP/+25≈,celá100PZ/+25≈), 300TC≈ 9x (100K 1'15“+2x50K 45“/60“), 400TC≈ 12x100n 2', 300TC≈ 10x25Khypox/+25≈ VDP
St 3.	1000R 1600(75/+25≈, PZě/vynechaná), 300TC≈ 9x300K 4',stupň3odzadu(poslední100/,200,celá...) 300TC≈ 600 (25P/Z/M/Z.....) VDP	Kontrolní start 5000K
Čt 4.	1000R #závodící5km vlastní relax nebo↓ 3x(7x100 1'30“, MZ/ZP/PK), 200≈ 9x200K 2'45“, 400TC≈ 9x150 (50M/P+100Z) 2'15“ VDP	1000R 44x50K 45“, lehká/ostrá,1/2o,1/3o....8o, 300TC≈ 5x300 PZ (150MZP+150K), 4'30“, 300TC≈ 5x400K 5'30“ VDP
Pá 5.	1000R 4x(9x50 s PAC, i25m, 150≈) po 2.sérii 16x50 kopáníbokPLOUT 50“, 300TC≈ po 4.sérii 16x50 vlněníbokPLOUT 50“,300TC≈ 9x50 PAC+PLOUT, 2sk VDP	1000R 18x100PZ 1'30“ leh/ostrá, 300TC≈ 18x100K 1'20“ leh/ostrá, 300TC≈ 2x900K 11'30 VDP
So 6.	1000R 33x50 60“, (max „pv“+dopl. M/Z/P), 350≈ 33x100 1'30“(střídat/opakovat 25M+75K,50MZ+ 50K, celáPZ) VDP	1000R 11x500K 6' VDP
Ne 7.	1000R 1200(25/+25≈, PZě), 300TC≈ 1200(50/+25≈, M/Z/P), 300TC≈ 1200(75K/+25≈), 300TC≈ 1200(125PZ*/+25≈) *plav.způsoby rotují VDP	

