EJU TC Papendal 2019

Training schedule

Day	Session 1	Session 2
Thursday 18.07		Men 17:30 - 19.00 Women 19.00 - 20.30
		Individual w-up (15 min) 3 x 3 min NW 6 x 4 min TW
Friday 19.07	Men 09:30 - 11.15 Women 11.30 - 13.15	Men 15:30 - 17.30 Women 17.45 - 19.45
	Individual w-up (15 min) 5 x 3 min NW 6 x 4 min TW	Individual w-up (15 min) 2 x 3 min NW 8 x 4 min TW
Saturday 20.07	Women 09:30 - 11.15 Men 11.30 - 13.15	Women 15:30 - 17.30 Men 17.45 - 19.45
	Individual w-up (15 min) 5 x 3 min NW 6 x 4 min TW	Individual w-up (15 min) 3 x 3 min NW 8 x 4 min + 1 min GS TW
Saturday evening	Coach meeting	
Sunday 21.07	FREE	FREE
Monday 22.07	Men 09:30 - 11.15 Women 11.30 - 13.15	Men 15:30 - 17.30 Women 17.45 - 19.45
	Individual w-up (15 min) 5 x 3 min NW 8 x 4 min TW	Individual w-up (15 min) 2 x 3 min NW 8 x 4 min TW
Tuesday 23.07	Women 09:30 - 11.15 Men 11.30 - 13.15	Women 15:30 - 17.30 Men 17.45 - 19.45
	Individual w-up (15 min) 5 x 3 min NW 6 x 4 min TW	Individual w-up (15 min) 3 x 3 min NW 8 x 4 min + 1 min GS TW
Wednesday 24.07	Men & Women 9:30 - 11.30 Individual w-up (15 min) 5 x 3 min NW 6 x 4 min TW	DEPARTURE

Catering (in hotel) **Papendal Hotel**
Breakfast: 7:30 - 10:30
Lunch: 12:15 - 14:15
Dinner: 19:00 - 21:00

Contact **Hotel Papendal**
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