	Friday 25.2.	Saturday 26.2.	Sunday 27.2.	Monday 28.2.	Tuesday 1.3.	Wednesday 2.3	Thursday 3.3	Friday 4.3	Saturday 5.3.	Sunday 6.3
Breakfast		Breakfast by accomadation	Breakfast by accomadation	Breakfast by accomadation	Breakfast by accomadation	Breakfast by accomadation	Breakfast by accomadation	Breakfast by accomadation	Breakfast by accomadation	Breakfast by accomadation
Morning		Start from hotel 8.00. 3h30min drive – Accomadation.	9.15 São Matias TC22RM22 Relay-Intervals 1:10.000 6,0-6,1km/21 42min drive	9.30 Pinheiro - Aguiar da Beira Norte TC22RM28 Multi-Technique 1:7.500 7,2km/16 30min drive	9.20 Gradiz Mass-start training 1:10000 5.5km/17 (c/Sportident) 23min drive	9.30 São Matias TC21RM03 Short/Long Legs 1:15000 9,8km/17 40min drive	9.30 Penela da Beira TC22RM25 Technical Loops 1:10000 8,1km/21 10min drive	Quiaios Relay (c/ SPORTIdent)		9.30 Forest Leirosa- Midle Distance (c/ SPORTIdent)
Lunch		Lunch: Boys	Lunch: Aleksi /Ilian	Lunch: Martina/Annarita	Lunch: Aleksi /Ilian	Lunch: Martina/Annarita	Lunch: Aleksi /Ilian	Dinner: Eerika/Karoliina	Lunch: Martina/Annarita	Lunch on way to Lisboa.
Afternoon		12.30 Vila da Ponte TC22RM27 Long Distance 1:15000 8,6km/17 20min drive	15.30 Aguiar da Beira TC21RM12 Sprint 1:4.000 2,9km/17 25min drive	15.30 Sr dos Caminhos TC22RM15 Middle Distance 1:10000 3,4km/12 30min drive	15.30 Penedono sprint. Planned by Allu 2x1.5km 5min drive /4km run	15.30 Vila da Ponte TC22RM26 Circle + MicroSprint 1:7500+1:5000 2,5km +1,4km 20min drive	13.00 Travelling to coast. 2h15min drive – accomadation		Forest Leirosa – Long (c/ SPORTIdent)	Travelling to Lisboa. 1h45min drive -
Dinner	Dinner at the hotel before 22.30	Dinner: Girls	Dinner: Eerika/Karoliina	Dinner: Aapo, Eetu, Henri	Dinner: Eerika/Karoliina	Dinner: Aapo, Eetu, Henri	Dinner by accommodation.	Dinner by accommodation.	Dinner by accommodation.	Dinner on Lisboa.
Evening	FINs arrive 20.30 to Lisboa. Accommodation 25min drive – Hotel.	17.00/18.30 Sirigo TC22RM24 Middle 1:10000 Distance 4,1km/18 8min drive		Maybe possible to do Night training with JRV Quinta da Estrada - Aguiar da Beira Norte TC22RM16	18.00 Fumadinha Sul-Aguiar da Beira Norte TC22RM29 Middle Distance 1:10.000 5,5km/20 33min drive	Maybe possible to do Night training with JRV Fumadinha Norte- Aguiar da Beira Norte TC22RM21	16.30/18.30 Dunas de Vagos TC22SD06 Contours 1:10.000 9,7km/20 20min drive Possible as night-O	18.30 Mira Norte TC22SD09 Diamond (no paths) 1:10.000 9,3km 22 11min drive	18.00 Gafanhas TC22SD03 Multi-technique 1:10.000 3,7 + 5,0 + 4,3 14 + 13 + 3 23min drive	Flight 20.10 - Ilian, Martina, Annarita
Notes:										