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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Day | Time | Week 07-13.1 | 1th Week14-20.1 | 2th Week21-27.1 | 3th Week28.1 – 3.2 | 4th Week4-10.2 | 5th Week11-17.2 | 6th Week18-24.2 | 7th Week25.2 – 3.3. | 8 th4.3-10.3 | 9 th11.3 – 17.3 | 10 th18.3 – 24.3 | 11 th25.3– 31.3 | 12 th week1-7.4.2019 |
| MON | AM | Tec | Tec | Tec | Tec | Tec | Individualprogram | Tec | Tec | Tec | Tec | Tec | Tec | Tec |
| PM | MB | LB |  |  |  |  |  |  |  |  |  |  |  |
| TUE | AM | Tec (small pitch) | Tec | Team endurance and speed testing | Tac/CG | Tac/Tec | Individualprogram | M | Tec/Tac | Tac/CG | Tec/Tac | Tec | Tec/Tac | Tec/Tac |
| PM |  | MB |  | LB | LB |  |  | MB | MB |  |  | MB | MB |
| WED | AM | Tec | Tec | Tac | Tac | Tac/CG | Individualprogram | MB | Tac/CG | Tec/Tac | Tac/CG | Team endurance and speed testing | Tac/CG | Tac/CG |
| PM |  |  |  |  |  |  |  |  |  |  |  |  |  |
| THU | AM | MB | MB | MB | MB | MB | Tec/Tac | Tec | MB | MB | MB | Individualprogram | MB | MB |
| PM |  |  |  |  |  |  |  |  |  |  |  |  |  |
| FRI | AM | Sprint tests | M | Tac | M | Tac | Tac | Tec | Tec | M | Tec | Individualprogram | Tec | Sprint tests |
| PM | Tac/CG |  |  |  |  | LB |  |  |  |  |  |  | Tec |
| SAT | AM | MB | Rec | M | Rec MB | M | MB | M | M | Rec | M | Individualprogram | M | Tec |
| PM |  |  |  |  |  |  |  |  |  |  |  |  |  |
| SUN | AM | Rec | Rec | Rec | Rec | Rec | Rec | Rec | Rec | Rec | Rec | Individualprogram | Rec | M |
| PM |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Training hours | 8 h 20 min  |  7 h 20 min  |  7 h 30 min  |  7 h 45 min  |  8 h 45 min  |  7 h 50 min  |  5 h 10 min  |  8 h 30 min  |  8 h 20 min  |  8 h 30 min  |  7 h 45 min  |  8 h 30 min 9 |  8 h 30 min  |