



TRAINING SCHEDULE ISU ECH Sprint and Allround

DAY	FROM	TILL	Activity	DAY	FROM	TILL	Activity
MON January, 02			Ice preparation	THU January, 05			Ice preparation
	09:00	09:45	Teams I		09:00	09:45	Teams II
			Ice preparation				Ice preparation
	10:00	10:45	Teams I		10:00	10:45	Teams II, TS
			Ice preparation				Ice preparation
	12:15	13:00	Teams II		11:00	11:45	Teams I, TS
			Ice preparation				Ice preparation
	13:15	14:00	Teams II		12:15	13:00	Teams I
			Ice preparation				Ice preparation
17:00	17:45	All participants	17:00	17:45	All participants		
		Ice preparation	FRI January, 06			Ice preparation	
18:00	-	Open training, locals		09:45	10:45	Training Allround	
		Ice preparation				Ice preparation	
09:00	09:45	Teams II		15:55	16:40	Warm up Sprint	
		Ice preparation		16:40	16:48	Track prep and Test pair	
10:00	10:45	Teams II				Ice preparation	
		Ice preparation	17:10	17:25	Opening ceremony		
12:15	13:00	Teams I	17:30	19:50	Races		
		Ice preparation	SAT January, 07			Ice preparation	
13:15	14:00	Teams I		08:15	09:00	Warm up Sprint	
		Ice preparation				Ice preparation	
17:00	17:45	All participants		09:15	10:00	Warm up Allround	
		Ice preparation				Ice preparation	
18:00	-	Open training, locals		10:15	10:25	Track prep and Test pair	
		Ice preparation			Ice preparation		
09:00	09:45	Teams I	10:45	16:47	Races		
		Ice preparation	SUN January, 08	11:20	12:20	Open training	
10:00	10:45	Teams I				Ice preparation	
		Ice preparation		12:40	13:30	Warm up Allround	
12:15	13:00	Teams II		13:30	13:40	Track prep and Test pair	
		Ice preparation				Ice preparation	
13:15	14:00	Teams II		14:00	17:35	Races	
		Ice preparation	Teams I: AUT, CZE, EST, GBR, GER, NED, SWE				
17:00	17:45	All participants	Teams II: BEL, ESP, FIN, FRA, NOR, ITA, POL, ROU				
		Ice preparation					
18:00	-	Open training, locals					

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