

SPINDiR

JANUARY 2024

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

IF THERE ARE TWO COLOURS ON THE SAME SQAURE IT REPRESENTS THAT THERE ARE TWO DIFERENT SESSIONS THE SAME DAY

- OPEN SPINDIR (BETWEEN ZONE 2 AND ZONE 5)
- TRAINING SPINDIR (BETWEEN ZONE 3 AND ZONE 4)
- MOUNTAIN SPINDIR(BETWEEN ZONE 3 AND ZONE 4)
- SHORT INTERVALS SPINDIR(BETWEEN ZONE 2 AND ZONE 5)
- LONG INTERVALS SPINDIR(BETWEEN ZONE 2 AND ZONE 4)
- COMPETITION SPINDIR (BETWEEN ZONE 4 AND ZONE 6)

DOWNLOAD IT

