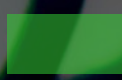
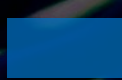
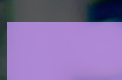





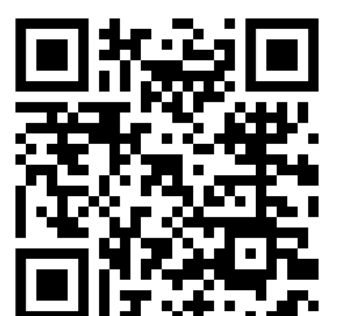
SPINDiR

MARCH 2024

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

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](#)

 First session

 Second session