

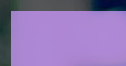


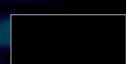


SPINDiR

MAY 2024

29	30	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

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