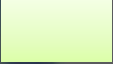



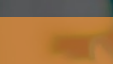

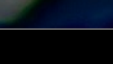


SPINDiR

APRIL 2025

31	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	1	2	3	4

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

-  TEST SPINDIR (BETWEEN ZONE 2 AND ZONE 5)
-  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