Senior Annual plan

Senior

Month	Jan					Feb				Mar				Apr				May					Jun				Jul					Aug				Sep				Oct					Nov				Dec			
			Japan W/M Japan or Geo	Japan W/M Japan or Geo	Japan W/M Japan or Geo	Paris GS	Ljubljana EO		SM Ideapark 28.2.-1.3.	Linc GP		Tbilisi GS				**EM Tbilisi**		Dushanbe GS?					Tallinn EO	**Nordics Ideapark 12.-14.**	Ulaanbaatar GS	Qingdao GP						Lima GP				Budapest GS				**MM Baku**	**MM Baku**			Abu Dhabi GS	EC mixed team	Zagreb GP			Tokyo GS?	Masters?		
	Nordic Camp 2. - 5.1.	Mittersill OTC		EV leiri Pajualahti 22-25.01			Paris TC	Ljubljana TC			Nymburg OTC		Tbilisi TC	Rogla + Tata OTC	EV leiri Pajualahti 9-12.04						Benidorm OTC	Rogla high altitude	Rogla high altitude	Porec OTC	Nordic camp	Heinävesi		SJR	OTC Ned or ITA		HJC	OTC Ned or ITA		Valencia TC		EV leiri Pajulahti 3-6.09		Samorin OTC								EV leiri Pajulahti 12-15.11/8	Japan	Japan	Japan				
Week	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	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Period																																																					
€																																																					

- General preparation period
- Specific preparation period
- Preparations period for Events
- Main Competition period
- Transition period / holiday

U23

Month	Jan					Feb				Mar				Apr				May					Jun				Jul					Aug				Sep				Oct					Nov				Dec			
			Japan W/M Japan or Geo	Japan W/M Japan or Geo	Japan W/M Japan or Geo		Ljubljana EO		SM Ideapark 28.2.-1.3.			Riga EC	Dubrovnik EC			**EM Tbilisi**							Tallinn EO	**Nordics Ideapark 12.-14.**													Skopje EC								**EM U23 Neaples**	EC mixed team	OTC Belgrad						
	Nordic Camp 2. - 5.1.	Mittersill OTC		EV leiri Pajualahti 22-25.01			Paris TC	Ljubljana TC			Nymburg OTC			Tata OTC	EV leiri Pajualahti 9-12.04						Benidorm OTC	Rogla high altitude	Rogla high altitude		Nordic camp	Heinävesi		SJR	OTC Ned or ITA		HJC	OTC Ned or ITA		Valencia TC		EV leiri Pajulahti 3-6.09		Samorin OTC								EV leiri Pajulahti 12-15.11	Japan	Japan	Japan				
Week	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	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
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