

Jan 2019		Groupe d'Entrainement Élite				
31	1	2	3	4	5	6
		Club	Les Cèdres	Club	Les Cèdres	
		4.1 WTS	SKI	4.2 WTS	SKI	
					16h00 - PC Pool	
					SWIM	
7	8	9	10	11	12	13
		PC Pool		PC Pool	SKI??	
		SWIM		SWIM	CARDIO CIRCUIT	
15h45 BUS ESIM	15h45 BUS ESIM			Club	PC Pool	
5.1 WTS	Rowing + Core	15h45 BUS ESIM	15h30 SKI	5.3 WTS	SWIM	
		5.2 WTS	Des Cèdres			
14	15	16	17	18	19	20
		PC Pool				
		SWIM		Ski		
15h45 BUS ESIM	15h45 BUS ESIM				Camp	
5.1 WTS	Rowing + Core	15h45 BUS ESIM	CARDIO CIRCUIT			OFORD
		5.2 WTS	Club			
21	22	23	24	25	26	27
		PC Pool	Boat prep Melbourne	Boat prep Melbourne	Basin	
	2 Groups*	SWIM		PC Pool	Bac Ramer	
	15h45 BUS ESIM			Club	PC Pool	
OFF	Rowing + Core	15h45 BUS ESIM	CARDIO CIRCUIT	5.3 WTS	SWIM	
	Pad ERG @ Club	5.2 WTS	Pad ERG @ Club			
28	29	30	31	1	2	3
		PC Pool		PC Pool	Basin	
	2 Groups*	SWIM		SWIM	Bac Ramer	
15h45 BUS ESIM	15h45 BUS ESIM			Club	PC Pool	
5.1 WTS	Rowing + Core	15h45 BUS ESIM	CARDIO CIRCUIT	5.3 WTS	SWIM	
	Pad Machines @ Club	5.2 WTS	Pad ERG @ Club			