	Sat 17th	Sun 18th	Mon 19th	Tue 20th	Wed 21st	Thu 22nd	Fri 23rd	Sat 24th
6am				PM OFF / EXCURSIONS				
7am					BIKE (to pool)			RUN (Lungomare)
8am			OW (Wet Suit)	RUN (TBD)	POOL	RUN (Indoor Hall - Tech)	OW (Wet Suit)	
9am		BIKE (to pool)	OW (Wet Suit)	RUN (TBD)	POOL	RUN (Indoor Hall - Tech)	OW (Wet Suit)	DEPARTURE
10am		POOL	RUN (Carmen Sylva)	RUN (TBD)	BIKE (from pool)	POOL	BIKE (Long)	
11am		POOL					BIKE (Long)	
12pm		BIKE (to pool)			BIKE (Long - Pazin)		BIKE (Long)	
1pm			BIKE (Tough - Ucka)		BIKE (Long - Pazin)		BIKE (Long)	
2pm			BIKE (Tough - Ucka)		BIKE (Long - Pazin)		BIKE (Long)	
3pm	ARRIVAL	BIKE (Easy - Route 66)	BIKE (Tough - Ucka)		BIKE (Long - Pazin)	BIKE (Easy - Route 66)	BIKE (Long)	
4pm	WELCOME MEETING	BIKE (Easy - Route 66)	BIKE (Tough - Ucka)		BIKE (Long - Pazin)	BIKE (Easy - Route 66)		
5pm	RUN (Lungomare)	BIKE (Easy - Route 66)	BIKE (Tough - Ucka)		RUN (Lungomare)	BIKE (Easy - Route 66)		
6pm								
7pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
8pm								