

| Den | Místo | Čas | Náplň | Jiné | Poznámky |
|-------------------------|------------|--------------------------------|-------------------------------------|-------|----------|
| Po | 7.11 | 15:00 T.D. | R- | 1:30 | |
| | | | D- | | |
| | | | O- KL CL - výjezd 6x1km | | |
| | | | V- | | |
| Út | 8.11 | 16:00 T.D. | R- | 1:30 | |
| | | | D- | | |
| | | | O- Posilovna + výřivka | | |
| | | | V- | | |
| St | 9.11 | 7:00 T.D. | R- Bruslení + Ssi | 1:00 | |
| | | D- | | | |
| | 15:00 T.D. | O- KL SK - střídák 45-60' | 1:30 | | |
| | | V- | | | |
| Čt | 10.11 | 16:00 T.D. | R- | 1:30 | |
| | | | D- | | |
| | | | O- Běh s holemi | | |
| | | | V- | | |
| Pá | 11.11 | 7:00 T.D. | R- Posilovna Ssi | 0:30 | |
| | | D- | | | |
| | 14:30 T.D. | O- Brigádička T.D. + běh + hra | 1:30 | | |
| | | V- | | | |
| So | 12.11 | 9:00 T.D. | R- | 1:30 | |
| | | | D- Měřený výběh Štěpanice - Benecko | | |
| | | | O- | | |
| | | | V- | | |
| Ne | 13.11 | | R- | | |
| | | | D- | | |
| | | | O- | | |
| | | | V- | | |
| Cyklus: VIII - Týden: 4 | | D/F - 6/9 | | 10:30 | Martin |

Martin