

Athlete: Example DIS4b
 Period: December - March

Training TIMETABLE



Note: This program was well conscience in collaboration with the school

Time / period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:45	English	Physics	English	Physical Education	Maths	Pick up 07.30	
08:25	English	Physics	English	Physical Education	Maths	Ski Training	
09:15	Physical Education		Design	History	English	Ski Training	
09:55	Physical Education		Design	History	English	Ski Training	
10:55	German	Assembly		Chemestry	Visual arts	Ski Training	
11:35	German	Assembly		Chemestry	Visual arts	Ski Training	
13:15	Econimics	Maths	Pick up 13.15		Physics	Back to School 11.30	
14:00	Econimics	Maths	Ski Training	Maths	PSHE		
14.45	Biology	Biology	Ski Training	German			
15:30	Biology	Games	Ski Training				
16:15		Pick up 17.00	Back to School 16.00	Games			
17:05		Ski Night Training		Games			
17:45		Back to LAZ 20.00					