

Langgarverne		Tempo min. Pr. km.			Tider i min. Og sek.				
Gruppe	3000m tid	Opv.og afjog	Lange ture	Tempo ture	1200m	1000 m	800 m	400m	200m
04:30	11-12 min.	5:10-5:40	4:30-5:20	4:00-4:10	4:30-4:45	3:45-3:55	3:00-3:10	1:15-1:25	35-40 sek.
04:30	12-13 min	5:30-6:00	4:55-5:45	4:20-4:30	4:50-5:10	4:00-4:15	3:10-3:20	1:30-1:36	38:43 sek.
05:00	13-14 min	5:55-6:20	5:20-6:00	4:45-4:55	5:10-5:30	4:20-4:35	3:25-3:35	1:35-1:45	41-46 sek
05:00	14-15 min.	6:15-6:45	5:40-6:30	5:05-5:15	5:35-5:55	4:40-4:50	3:35-3:50	1:45-1:50	44-49 sek
05:45	15-16min	6:40-7:10	6:00-6:50	5:25-5:35	6:00-6:20	4:55-5:15	3:50-4:05	1:50-2:00	47-52 sek
05:45	16-17 min	7:00-7:30	6:25-7:10	5:45-5:55	6:15-6:45	5:15-5:30	4:05-4:15	1:55-2:05	50-55 sek
Bjørns hold	17-18 min	7:20-7:50	6:45-7:30	6:05-6:15	6:40-7:10	5:30-5:50	4:20-4:30	2:05-2:15	52-57 sek.
Bjørns hold	18-19 min	7:40-8:15	7:10-7:50	6:20-6:35	7:00-7:30	5:50-6:10	4:35-4:50	2:10-2:20	55-60 sek
	19-20 min								
	20-21 min								
	21-22 min.								

Lange ture	over 5 km.
Tempoture	1200m- 5 km.

Kilde : Macmillan