



Schedule - Alcarreras RRRRace Fun

2009 October 26th to 29th



Monday, October 26th

08.00 - 09.30: registering
 09.30 - 09.45: riders' meeting

10.00 - 10.20 group 1 20 min session 1
 10.20 - 10.40 group 2 20 min session 1
 10.40 - 11.00 group 3 20 min session 1
 11.00 - 11.20: instruktör coaching

11.20 - 11.40 group 1 20 min session 2
 11.40 - 12.00 group 2 20 min session 2
 12.00 - 12.20 group 3 20 min session 2
 12.20 - 12.40: Instruktören-Coaching

12.40 - 13.00 group 1 20 min session 3
 13.00 - 13.20 group 2 20 min session 3
 13.20 - 13.40 group 3 20 min session 3
 13.40 - 14.00: Instruktören-Coaching

14.00 - 15.00 lunch break

15.00 - 15.20 group 1 20 min session 4
 15.20 - 15.40 group 2 20 min session 4
 15.40 - 16.00 group 3 20 min session 4

16.00 - 16.20 group 1 20 min session 5
 16.20 - 16.40 group 2 20 min session 5
 16.40 - 17.00 group 3 20 min session 5

17.00 - 17.20 group 1 20 min session 6
 17.20 - 17.40 group 2 20 min session 6
 17.40 - 18.00 group 3 20 min session 6

18.00 - 18.20 group 1 20 min session 7
 18.20 - 18.40 group 2 20 min session 7
 18.40 - 19.00 group 3 20 min session 7

Tuesday, October 27th

10.00 - 10.20 group 2 20 min session 1
 10.20 - 10.40 group 3 20 min session 1
 10.40 - 11.00 group 1 20 min session 1

11.00 - 11.20 group 2 20 min session 2
 11.20 - 11.40 group 3 20 min session 2
 11.40 - 12.00 group 1 20 min session 2

12.00 - 12.20 group 2 20 min session 3
 12.20 - 12.40 group 3 20 min session 3
 12.40 - 13.00 group 1 20 min session 3

13.00 - 14.00 lunch break

14.00 - 14.20 group 2 20 min session 4
 14.20 - 14.40 group 3 20 min session 4
 14.40 - 15.00 group 1 20 min session 4

15.00 - 15.20 group 2 20 min session 5
 15.20 - 15.40 group 3 20 min session 5
 15.40 - 16.00 group 1 20 min session 5

16.00 - 16.20 group 2 20 min session 6
 16.20 - 16.40 group 3 20 min session 6
 16.40 - 17.00 group 1 20 min session 6

17.00 - 17.20 group 2 20 min session 7
 17.20 - 17.40 group 3 20 min session 7
 17.40 - 18.00 group 1 20 min session 7

20.30: for all who want we organize a typical Spanish dinner in a restaurant nearby

Wednesday, October 28th

10.00 - 10.20 group 3 20 min session 1
 10.20 - 10.40 group 2 20 min session 1
 10.40 - 11.00 group 1 20 min session 1

11.00 - 11.20 group 3 20 min session 2
 11.20 - 11.40 group 2 20 min session 2
 11.40 - 12.00 group 1 20 min session 2

12.00 - 12.20 group 3 20 min session 3
 12.20 - 12.40 group 2 20 min session 3
 12.40 - 13.00 group 1 20 min session 3

13.00 - 14.00 lunch break

14.00 - 14.20 group 3 20 min session 4
 14.20 - 14.40 group 2 20 min session 4
 14.40 - 15.00 group 1 20 min session 4

15.00 - 15.20 group 3 20 min session 5
 15.20 - 15.40 group 2 20 min session 5
 15.40 - 16.00 group 1 20 min session 5

16.00 - 16.20 group 3 20 min session 6
 16.20 - 16.40 group 2 20 min session 6
 16.40 - 17.00 group 1 20 min session 6

17.00 - 17.20 group 3 20 min session 7
 17.20 - 17.40 group 2 20 min session 7
 17.40 - 18.00 group 1 20 min session 7

Thursday, October 29th

09.00 - 09.20 group 1 20 min session 1
 09.20 - 09.40 group 2 20 min session 1
 09.40 - 09.00 group 3 20 min session 1

10.00 - 10.20 group 1 20 min session 2
 10.20 - 10.40 group 2 20 min session 2
 10.40 - 11.00 group 3 20 min session 2

11.00 - 11.20 group 1 20 min session 3
 11.20 - 11.40 group 2 20 min session 3
 11.40 - 12.00 group 3 20 min session 3

12.00 - 12.20 group 1 20 min session 4
 12.20 - 12.40 group 2 20 min session 4
 12.40 - 13.00 group 3 20 min session 4

13.00 - 14.00 lunch break

14.00 - 15.00 1 h Easy Endurance with TT-Start (always 2 riders leave the pitlane at once)

15.00 - 15.20 starting preparation for Blue Toro Endurance
 15.25 - 18.00 155 min Blue Toro Endurance

18.30: winners' ceremony