

LS-37 CAMP POR 20/2-2/3/2025

	THU 20/2	FRI 21/2	SAT 22/2	SUN 23/2	MON 24/2	TUE 25/2	WED 26/2	THU 27/2	FRI 28/2	SAT 1/3	SUN 2/3
	Travel day	Race day	Race day	Race day	Easy/Aerobic	Hard day	Hard day	Aerobic	Easy	Hard/Aerobic	Travel
MORNING	12:30 Flight starting from Helsinki Good to eat lunch before it	9:30 MODEL EVENT ABOM Model Event Quinta da Estrada	10:00 LONG DISTANCE ABOM Long Distance Quinta das Lameiras	10:00 MIDDLE DISTANCE ABOM Middle Distance Quinta das Lameiras	10:00 Long easy 9,4km/20 Scale 15000 AB17TC25 Sao Matias	10:00 Sprint Q (8min) + 1 KO-round (6min) With TP and Cze Beselga	10:00 RELAY with TP and CZE AB19TC25 AGUIAR DA BEIRA NORTE (GRADIZ)	10:00 Long 11,3km/18 Scale 15000 AB12TC24 AGUIAR DA BEIRA NORTE (Quinta da Estrada)	10:00 Middle 5,4km/19 AB14TC24 Moreira	8:00/9:00 MULTI 7,6 km AB07TC25 AGUIAR DA BEIRA NORTE (GRADIZ)	Turist run in Lisboa
		Driving time 25min	Driving time 17min	Driving time 17min	Driving time 22 min	Driving time 36 min	Driving time 25 min	Driving time 22 min	Driving time 23 min	Driving time 25 min	
		Driving time 23min	Driving time 20min	Driving time 20min	Driving time 17 min	Driving time 27 min	Driving time 19 min	Driving time 18 min	Driving time 28 min	Driving time 19 min	
AFTERNOON	Arrival 15:30 Quick visit to buy water etc. Driving time around 3h15min-3h30min Possible place for the grocery in Viseu 40min before accomadation	14:00 Prologue ABOM Prologue Quinta das Lameiras		16:30 Easy training in ABOM terrain OR REST Checking some legs from races QUINTA DAS LAMEIRAS	Analyse and lunch together. Retiro Vouga	16:30 Middle 5,4km/17 AB11TC23 Aguiar da Beira Norte		16:30 Middle 5,7km/21 AB10TC23 Carapito		Sanna's flight 16:10. Allu's car leaving around 10.00 Accomadation need to be left 11.00 XX:XX? Some extra training in afternoon In Aguiar da Beira???	Flights 15:25 and 16:10
		Driving time 17min		Driving time 17min		Driving time 22 min		Driving time 29 min			
		Driving time 20min		Driving time 20min		Driving time 20 min		Driving time 32 min			
EVENING	Dinner decided by car/accomadation groups Eesy jog after travelling. Lamp needed				18:30 EASY NIGHT intervals with forking 8,6km/24 OR REST AB08TC25 AGUIAR DA BEIRA NORTE (Fumahinda)		18:30 EASY NIGHT with relay forking 6,9km/18 AB18TC25 Sao Matias	Analyse and dinner together. Casa Clarinha	18:30 EASY NIGHT with forking 5,9km/18 AB02TC25 Quinta das Lameiras	Driving to Lisboa	
					Driving time 22 min		Driving time 22 min	Driving time x min	Driving time 18 min		
					Driving time 15 min		Driving time 17 min	Driving time x min	Driving time 22 min		
Casa da Clarinha (aka Casa Nurmela-Honkonen-Gaasenbeek) https://maps.app.goo.gl/CrKXzaHPnU9Ehnrj9							Retiro do Vouga (aka Casa H/D21E): https://maps.app.goo.gl/Z1r3yZe5AaHvEyZZ7			Airport accomadation	
Grocery stor Aguiar da Beira						Small Hospital in Aguiar da Beira					

Extra trainings

		Easy to compain with Carapito middle or Eirado	
Multi-tech. AB05TC23 SEQUEIROS	Start loops (7x0,5km) AB09TC25 EIRADO	Sprint/Sprint relay 3,7km AB21TC25 Carapito	Sprint 3,2/2,5km AB23TC24 Aguiar da Beira
Driving time 24 min	Driving time 24 min	Driving time 27 min	Driving time 20 min
Driving time 24 min	Driving time 29 min	Driving time 29 min	Driving time 22 min

