Workout Summary: **26-Jan-10 - 31-Jan-10**

## 26-Jan-10

**□Åka skidor**

Set 1, 4,4(Distance), 5,5(Speed) p□Åis

## 30-Jan-10

**skotta sn□□**

Set 1, 20 min(Duration) Nystad

**□Åka skidor**

Set 1, 12 km(Distance)

## 31-Jan-10

**skotta sn□□**

Set 1, 30 min(Duration)