

**Training Schedule for the  
Essent ISU World Cup Speed Skating 2012/13, NAGANO**

**<Unofficial training>**

**12/3 (Mon)**

**15:00-16:20 on ice**

**16:20-16:40 ice resurfacing**

**16:40-18:00 on ice**

**14:00-18:00 training room**

**Training Fee      ¥2,000 /day/ person**

**<Official training>**

**12/4(Tue)-12/7(Fri)**

**09:00-10:20 on ice**

**10:20-10:40 ice resurfacing**

**10:40-12:00 on ice**

**09:00-17:00 training room**