90 kilometer skidåkning, 1 januari–31 mars

Längdskidor, rullskidor, crosstrainer, stakmaskin.

| Datum | Distans | Anteckning |
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315 kilometer cykling, 1 april–30 juni

Cykel, testcykel, spinning

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3 kilometer simning, 1 juli–31 augusti

Simning utomhus/inomhus, roddmaskin

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30 kilometer löpning, 1 september–30 november

Löpning, gång, löpband

| Datum | Distans | Anteckning |
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