

2017 Plan SARASOTA Seniors P.4bis

02/27	02/28	03/01	03/02	03/03	03/04	03/05
off	C2 x3	20km B1	20km B2 (2x30'ergo)	20km B1	C2 x3	20km B2 (2x30')
			15km B1		15km B1	
03/06	03/07	03/08	03/09	03/10	03/11	03/12
20km B1	15km B3 (3x2k)	20km B1	15km B4 (24-28-32)	15km B1	15km B5 2x500	12km B6 (6x10)
15km B1		12km B6 (6x10)		12km B6 (6x10)		
03/13	03/14	03/15	03/16	03/17	03/18	03/19
12km B5 1x500m	2k select	15km B1	20km B1	20km B2	20km B1	15km B3 (3x2k)
	small boats			15km B1		
03/20	03/21	03/22	03/23	03/24	03/25	03/26
20km B1	15km B3 (3x2k)	20km B1	15km B4 (24-28-32)	12km B6 (6x10)	15km B5 2x500	12km B6 (6x10)
	15km B1	12km B6 (6x10)				
03/27	03/28	03/29	03/30	03/31	04/01	04/02
12km B5 1x500m	heat / rep	Semi F	F	1h B1 free	off	off
	JPN Small Boats selections					
04/03	04/04	04/05	04/06	04/07	04/08	04/09
15km B1	15km B1	C2 x3	15km B1	C2 x3	15km B1	off
04/10	04/11	04/12	04/13	04/14	04/15	04/16
20km B1	C2 x3	trip	20km B2	20km B1	20km B1	20km B2
15km B1		15km B1		C2 x4	15km B1	
04/17	04/18	04/19	04/20	04/21	04/22	04/23
20km B1	20km B1	20km B2	20km B1	20km B1	20km B2	20km B1
C2 x4	15km B1		C2 x4	15km B1		
04/24	04/25	04/26	04/27	04/28	04/29	04/30
20km B1	20km B1	20km B2	C2 x4	20km B1	20km B2	20km B1
C2 x4		15km B1	trip	15km B1		
05/01	05/02	05/03	05/04	05/05	05/06	05/07
off	15km B1	C2 x3	20km B1	20km B2 (2x30'ergo)	15km B1	off
05/08	05/09	05/10	05/11	05/12	05/13	05/14
	20km B2	20km B1	20km B2	20km B1	20km B1	20km B2
15km B1	15km B1	C2 x3		C2 x3	15km B1	
05/15	05/16	05/17	05/18	05/19	05/20	05/21
20km B1	20km B1	15km B3 (3x2km)	20km B1	20km B2	15km B4 (24-28-32)	16km B6 (6x10)
C2 x3	15km B1		15km B1			
05/22	05/23	05/24	05/25	05/26	05/27	05/28
15km B5 2x500	12km B6 (6x10)	12km B5 1x500m				
			JPN LW Championship			