

2015年シーズン 4月トレーニング計画 for シニア・スウィープ(予定)

	月	火	水	木	金	土	日
	4月6日	4月7日	4月8日	4月9日	4月10日	4月11日	4月12日
AM			Pre-exercise Rowing 9km SR:20-22 30strs-hard (Race Pace)/10 strs-easy x 5を含む	Pre-exercise Rowing Up 3km 500m-hard (Race Pace)/1000m-easy x 6, Down 1.5km	Pre-exercise Rowing 15km SR:20-22	Pre-exercise Rowing Up 3km 1min-on (Race Pace)/1min-off x 8, Down 1.5km	Rowing 9km SR:20-22 30strs-hard (Race Pace)/10 strs-easy x 5を含む
PM			Free	Strength Training (@戸田 NTC)	Pre-exercise Rowing 12km SR:20-22	Pre-exercise Rowing 9km SR:20-22	Rowing 9km SR:20-22 30strs-hard (Race Pace)/10 strs-easy x 5を含む
AM	Rowing 12km SR:20-22	選考レース	選考レース	選考レース	Pre-exercise Rowing 15km SR:20-22	Strength Training@JISS	Free
PM	Rowing 9km SR:20-22 30strs-hard (Race Pace) /10strs-easy x 4を含む 17:00- 代表者会議@国立艇庫2階			14:00- スウィープ代表候補者MTG@国立艇庫2階	Pre-exercise Rowing 15km SR:20-22	Bike training 30sec-on/30sec-Free x 6 x 2, REST 15min	Free
AM	Pre-exercise Rowing 27km SR:20-22 30strs-hard (Race Pace)/10 strs-easy x 5を含む	Pre-exercise Rowing 6km SR:24-26 + 18km SR:20-22	Pre-exercise Rowing Up 3km 1500m-hard (SR:Race Pace - 2)/1500m-easy x 3 + 12km SR:20-22	Pre-exercise Rowing 21km SR:20-22	Pre-exercise Rowing 27km SR:20-22	Strength Training@JISS	Free
PM	Pre-exercise Rowing 27km SR:20-22	Pre-exercise Strength Training@JISS	Free	Pre-exercise 21km SR:20-22	Pre-exercise Rowing Up 3km 1500m-hard (SR:Race Pace - 2)/1500m-easy x 3 + 12km SR:20-22	Pre-exercise Bike training 2min-on/5min-Free x 3 x 2, REST 15min	Free
AM	Pre-exercise Rowing 28km SR:20-22	Pre-exercise Rowing 24km SR:20-22	Pre-exercise Rowing Up 3km 1500m-hard (SR:Race Pace - 2)/1500m-easy x 3 + 12km SR:20-22	Pre-exercise Rowing 21km SR:20-22	Pre-exercise Rowing Up 3km 1500m-hard (SR:Race Pace - 2)/1500m-easy x 3 + 12km SR:20-22	Free	Free
PM	Pre-exercise Rowing Up 4km DPS Trial 8km (格外参照) + 8km SR:20-22	Pre-exercise Strength Training@JISS	Free	Pre-exercise Rowing 18km SR:20-22	Pre-exercise Rowing 30km SR:20-22	Free	Free
AM	Pre-exercise Rowing 27km SR:20-22	Pre-exercise Rowing 6km SR:24-26 + 18km SR:20-22	Pre-exercise Rowing Up 3km 1500m-hard (SR:Race Pace - 2)/1500m-easy x 3 + 12km SR:20-22	Pre-exercise Rowing 4km SR:26-28 + 20km SR:20-22			
PM	Pre-exercise Rowing 27km SR:20-22	Pre-exercise Strength +Ergo 15min	Free	Pre-exercise Rowing 21km SR:20-22			

DPS Trial 手順

