

JAPAN NATIONAL TEAM MENU(For Female) (2016/1/12-1/31)

	Mon 1/11	Tue 1/12	Wed 1/13	Thr 1/14	Fri 1/15	Sat 1/16	Sun 1/17	
Easy	Early Morning	Run + Core	Run + Core	Run + Core	Run + Core	Run + Core	Run + Core	
	AM	1) Pre-Exercise 2) 20km SR:16-18 (B1) 2 km + 2 x 8km no stop + 2km (including 15 strsmAX x 2)	JISS Fitness Check 1. Height, Body Weight 2. BODPOD 3. VO2max test (2000m T.T.)	1) Pre-Exercise 2) 20km SR:16-18 (B1) 2 km + 2 x 8km no stop + 2km (including 15 strsmAX x 2)	1) Pre-Exercise 2) 20km SR:16-18 (B1) 2 km + 2 x 8km no stop + 2km (including 15 strsmAX x 2)	1) Pre-Exercise 2) Strength P 3) 18km SR:18-20 (B1) 1.5km + 2 x 7.5km no stop + 1.5km	1) Pre-Exercise 2) 16km SR:16-18 (B1) 2km + 2 x 6km no stop + 2km (including 15 strsmAX x 2)On the river if to busy on Toda	1) Pre-Exercise 2) 20km SR:16-18 (B1) 2 km + 2 x 8km no stop + 2km (including 15 strsmAX x 2) On the river if to busy on Toda
	PM	OFF	OFF	1) Pre-Exercise 2) 16km SR:16-18 (B1) 2km + 2 x 6km no stop + 2km (including 15 strsmAX x 2)	OFF	1) Pre-Exercise 2) Circuit Training A	OFF	
Hard 1		1/18	1/19	1/20	1/21	1/22	1/23	
	Early Morning	Run + Core	Run + Core	Run + Core	Run + Core	Run + Core	Run + Core	
	AM	1) Pre-Exercise 2) 20km SR:18-20 (B2) 2 x 8km no stop + 4km (including 15 strsmAX x 2)	1) Pre-Exercise 2) 20km SR:16-18 (B1) 2 km + 2 x 8km no stop + 2km (including 15 strsmAX x 2)	1) Pre-Exercise 2) 16km SR:16-18 (B1) 2km + 2 x 6km no stop + 2km (including 15 strsmAX x 2) On the river if to busy on Toda	1) Pre-Exercise 2) 20km SR:16-18 (B1) 2 km + 2 x 8km no stop + 2km (including 15 strsmAX x 2)	1) Pre-Exercise 2) 20km SR:16-18 (B1) 2 km + 2 x 8km no stop + 2km (including 15 strsmAX x 2)	1) Pre-Exercise 2) 16km SR:16-18 (B1) 2km + 2 x 6km no stop + 2km (including 15 strsmAX x 2) On the river if to busy on Toda	OFF
PM	1) Pre-Exercise 2) 16km SR:16-18 (B1) 2km + 2 x 6km no stop + 2km (including 15 strsmAX x 2)	1) Pre-Exercise 2) Strength P + A	1) Pre-Exercise 2) Circuit Training A	OFF	1) Pre-Exercise 2) Strength P + B	OFF	OFF	
Trial		1/25	1/26	1/27	1/28	1/29	1/30	
	Early Morning	Run + Core	Run + Core	Run + Core	Run + Core	Run + Core	Run + Core	
	AM	1) Pre-Exercise 2) 12km SR:16-18 (B1) including 1 x 500m race course	2000m Trial	2000m Trial	2000m Trial or 20 km B1	1) Pre-Exercise 2) 20km SR:18-20 (B2) 2 x 8km no stop + 4km (including 15 strsmAX x 2)	1) Pre-Exercise 2) 16km SR:16-18 (B1) 2km + 2 x 6km no stop + 2km (including 15 strsmAX x 2)On the river if to busy on Toda	OFF
PM	OFF	2000m Trial	2000m Trial or 16km B1	2000m Trial or OFF	1) Pre-Exercise 2) Strength P + B	OFF	OFF	