

Seniors 2018

Menu 4

Japan Cup

04/02	04/03	04/04	04/05	04/06	04/07	04/08
off	3 C2	15km B1	15km B1	C2 x3	20km B1	off

04/09	04/10	04/11	04/12	04/13	04/14	04/15
trip	20km B1	C2 x3	20km B1	20km B2	C2 x3	20km B1
12km B1		15km B1	15km B1		20km B1	15km B1

04/16	04/17	04/18	04/19	04/20	04/21	04/22
20km B2	C2 x4	20km B1	20km B2	C2 x4	20km B1	20km B2
	15km B1	20km B1		15km B1	20km B1	

04/23	04/24	04/25	04/26	04/27	04/28	04/29
C2 x4	20km B1	20km B2	C2 x3	20km B1	20km B2	off
15km B1	15km B1		20km B1	15km B6 (6x10)	trip	

04/30	05/01	05/02	05/03	05/04	05/05	05/06
off	15km B1	15km B1	C2 x3	15km B1	20km B2	off

05/07	05/08	05/09	05/10	05/11	05/12	05/13
	C2 x3	20km B1	15km B3 (3x2k)	16km B6 (6x10)	15km B4 (24-28-32)	15km B1
15km B1	15km B1		15km B1			

05/14	05/15	05/16	05/17	05/18	05/19	05/20
16km B6 (6x10)	15km B5 2x500	12km B6 (6x10)	12km B5 1x500m	2k	2k	2k
	12km B1		free	Japan Cup		

05/21	05/22	05/23	05/24	05/25	05/26	05/27
off	20km B1	20km B1	20km B2	20km B1	20km B1	20km B2
		C1 (5x6)		C1 (6x6)		

05/28	05/29	05/30	05/31	06/01	06/02	06/03
off	20km B1	20km B2	20km B1	20km B1	20km B1	20km B2
	C1 (6x6)		C1 (6x6)		C1 (6x6)	