

U23 plan 3

Small Boats sel.

01/29	01/30	01/31	02/01	02/02	02/03	02/04
off		20km B1	20km B2 (2x30'ergo)		20km B1	20km B2 (2x30')
	C2 x3			C2 x3		
02/05	02/06	02/07	02/08	02/09	02/10	02/11
15km B1 / 20km B1 / 20km B1			20km B1	C2 x3	20km B2 (2x30'ergo)	20km B1
VO2 max JISS / 15km B1				15km B1	15km B1	
02/12	02/13	02/14	02/15	02/16	02/17	02/18
C2 x3	20km B1	20km B2 (2x30'ergo)	20km B1	C2 x3	20km B1	20km B2 (2x30')
	15km B1			15km B1		
02/19	02/20	02/21	02/22	02/23	02/24	02/25
15km B1	B4 ergo 15km	15km B6 (6x10str)	B5 ergo 2x500	15km B1	12km B5 1x500	2k ergo
02/26	02/27	02/28	03/01	03/02	03/03	03/04
off	15km B1	C2 x3	20km B1	20km B2	C2 x3	20km B1
		15km B1		15km B1	15km B1	
03/05	03/06	03/07	03/08	03/09	03/10	03/11
15km B3 (3x2k)	20km B1	15km B2 (2x20')	15km B4 (24-28-32)	15km B1	15km B1	15km B5 2x500
			12km B1		12km B6 (6x10)	
03/12	03/13	03/14	03/15	03/16	03/17	03/18
12km B6 (6x10)	12km B5 1x500m	2k select	15km B1	20km B2	20km B1	15km B3 (3x2k)
		2k select		15km B1		
03/19	03/20	03/21	03/22	03/23	03/24	03/25
15km B1	15km B3 (3x2k)	15km B5 2x500		12km B5 1x500m	heat / rep	1/2 F
12km B6 (6x10)		Toda - Kumamoto	12km B6 (6x10)		JPN Small Boats	
03/26	03/27	03/28	03/29	03/30	03/31	04/01
F	1h B1 free	off	off	15km B1	15km B1	20km B2
JPN Small Boats						