

U19 menu 2018/06/04-08/12

	Mon 6/4	Tue 6/5	Wed 6/6	Thu 6/7	Fri 6/8	Sat 6/9	Sun 6/10
Menu 1	off	C2 x 2sets	15km B1	B2 ergo (2 x 25min)	off	18km B2 (2 x 25min)	C2 x 2sets
Menu 2	off		8km B1			12km B1	
	6/11	6/12	6/13	6/14	6/15	6/16	6/17
Menu 1	off	15km B1	18km B1	C2 x 2sets	15km B1	18km B2 (2 x 25min)	15km B1
Menu 2	off		8km B1				
	6/18	6/19	6/20	6/21	6/22	6/23	6/24
アジアジュニア合宿				Korea			
Menu 1	Trip	16km B6 (10strs x 6)	16km B4 1km-0.5km- 0.5km	12km B6 (10strs x 6)	Trip	12km B5 500m x 2	12km B6 (10 strs x 6)
Menu 2	Boat setting	8km B1	8km B1	Trip	Boat Setting	8km B1	off
	6/25	6/26	6/27	6/28	6/29	6/30	7/1
Menu 1	12km B5 500m x 1	Asian Junior Championships					Trip
Menu 2							
	7/2	7/3	7/4	7/5	7/6	7/7	7/8
Menu 1	off	off	15km B1	C2 x 2sets	off	15km B1	off
Menu 1	off						
Menu 2	7/9	7/10	7/11	7/12	7/13	7/14	7/15
強化合宿 戸田							
Menu 1	Trip	12km B1	16km B1	B2 ergo (2 x 25min)	12km B1	C2 x 3sets	off
Menu 2	Boat Setting	16km B1			16km B1		off
	7/16	7/17	7/18	7/19	7/20	7/21	7/22
強化合宿							
Menu 1	16km B6 (10strs x 6)	16km B6 (10strs x 6)	15km B2 (2 x 25min)	16km B1	16km B2 (2 x 25min)	off	12km B1
Menu 2	12km B1	12km B1		8km B1	12km B1		off
	7/23	7/24	7/25	7/26	7/27	7/28	7/29
強化合宿							
Menu 1	15km B4 1km-0.5km- 0.5km	12km B6 (10strs x 6)	12km B5 1 x 500m	2000m T.T.	12km B1	12km B6 (10strs x 6)	9km B1 4 start + 10strs
Menu 2	12km B1	12km B1		12km B1	12km B1		
	7/30	7/31	8/1	8/2	8/3	8/4	8/5
Munchen							
Menu 1	Trip	12km B1	12km B6 (10strs x 6)	15km B4 1km-0.5km- 0.5km	12km B6 (10strs x 6)	12km B5 500m x 2	Trip
Menu 2	Boat setting	12km B1	8km B1	8km B1		8km B1	Boat setting
	8/6	8/7	8/8	8/9	8/10	8/11	8/12
Praha		World Junior Champinships					
Menu 1	12km B6 (10 strs x 6)	12km B5 500m x 1					
Menu 2	8km B1						