

U19 menu 2018/12/03-12/31

	Mon 12/3	Tue 12/4	Wed 12/5	Thu 12/6	Fri 12/7	Sat 12/8	Sun 12/9
Menu 1	off	15km B1 CoreTraining	21km B1 CoreTraining	15km B1 CoreTraining	15km B2 (2 x 20min)	15KM B1 Core Training	off
Menu 2	off	C1 ③ 背中・腹筋 (6RM x 3sets x 2 種目)	off	C1 ② 脚 (6RM x 3sets x 2 種目)	off	C1 ③ 背中・腹筋 (6RM x 3sets x 2 種目)	off
	12/10	12/11	12/12	12/13	12/14	12/15	12/16
U19合宿							
Menu 1	off	La Test	21km B1 CoreTraining	15km B1 CoreTraining	15km B5 2 x 500m CoreTraining	Wattbike Trial	off
Menu 2	12km B1 CoreTraining	15km B1 CoreTraining	off	Weight Training ①	12km B1 Core Training	off	off
	12/17	12/18	12/19	12/20	12/21	12/22	12/23
U19合宿							
Menu 1	12km B5 1 x 500m CoreTraining	6000m Trial	15km B1 Core Training	15km B1 CoreTraining	15km B2 (2 x 20min)	15km B1 Core Training	off
Menu 2	off	off	15km B1 Core Training	Weight Training ②	off	off	off
	12/24	12/25	12/26	12/27	12/28	12/29	12/30・31
Menu 1	Weight Training ③	15km B2 (2 x 20min)	18km B1 CoreTraining	20km B1 CoreTraining	off	off	off
Menu 2	off	off	Weight Training ④	off	off	off	off

\*本メニューをターゲットとし、各チームの状況に応じて調整してください。

Weight Training

	1	2	3	4	5
①	High Power	Lower Body Pull	Upper Body Push	Lower Body Push	Upper Body Pull
②	High Power	Lower Body Pull	Upper Body Push	Lower Body Push	Upper Body Pull
③	High Power	Lower Body Pull	Upper Body Push		
④	High Power	Upper Body Pull	Lower Body Push		