

U19 menu 2019/11/01-12/31

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
					11/1	11/2	11/3
Menu 1					12km B1 2 x 30min CoreTraining	12km B1 2 x 30min CoreTraining	20min Ergo Trial
Menu 2					12km B1 2 x 30min CoreTraining	off	off
	11/4	11/5	11/6	11/7	11/8	11/9	11/10
Menu 1	off	15km B1 2 x 35min CoreTraining	18km B1 2 x 40min Core Training	15km B1 2 x 40min CoreTraining	移動	18km B1 2 x 40min CoreTraining	18km B1 2 x 40min CoreTraining
Menu 2	off	15km B1 2 x 35min Core Training	off	off	12km B1 2 x 30min CoreTraining	15km B1 2 x 35min Core Training	off
	11/11	11/12	11/13	11/14	11/15	11/16	11/17
	20分Ergo切						
Menu 1	18km B2 2 x 25min	off	off	15km B1 2 x 35min CoreTraining	18km B2 2 x 25min	off	移動
Menu 2	off	15km B1 2 x 35min Core Training	off	off	12km B1 2 x 30min CoreTraining	off	B2 Ergo 2 x 20min
	11/18	11/19	11/20	11/21	11/22	11/23	11/24
Menu 1	15km B4 1000m SR:24, 1000m SR:28, 1000m SR:30	12km B1 2 x 30min	12km B1/B5 2 x 25min (SR:17) 500m x 1 (RaceRate)	12km B1 2 x 30min	12km B1 2 x 30min	Head of ARA	off
Menu 2	12km B1 2 x 30min	off	12km B1 2 x 30min	15km B1 2 x 35min CoreTraining	off	off	off
	11/25	11/26	11/27	11/28	11/29	11/30	12/1
Menu 1	off	15km B4 1000m SR:24, 1000m SR:28, 1000m SR:30	15km B1 2 x 35min CoreTraining	12km B1/B5 2 x 25min (SR:17) 500m x 1 (RaceRate)	12km B1 2 x 30min	12km B1 2 x 30min	Ergo 2000m T.T.
Menu 2	off	12km B1 2 x 30min	off	12km B1 2 x 30min	off	off	off
Menu 2	12/2	12/3	12/4	12/5	12/6	12/7	12/7
Menu 1	off	15km B1 2 x 35min CoreTraining	20km B1 2 x 40min CoreTraining	B2 Ergo 2 x 20min	15km B1 2 x 35min CoreTraining	20km B1 2 x 40min	18km B2 2 x 30min
Menu 2	off	C2 x 2	off	off	C2 x 3	15km B1 2 x 35min CoreTraining	off
	12/9	12/10	12/11	12/12	12/13	12/14	12/15
Menu 1	移動	15km B1 2 x 35min CoreTraining	20km B1 2 x 40min CoreTraining	B2 Ergo 2 x 25min	15km B1 2 x 35min CoreTraining	18km B1 2 x 40min CoreTraining	off
Menu 2	12km B1 2 x 30min	C2 x 2	off	off	C2 x 3	15km B1 2 x 35min CoreTraining	off
	12/16	12/17	12/18	12/19	12/20	12/21	12/22
Menu 1	18km B2 2 x 30min	15km B1 2 x 35min CoreTraining	20km B1 2 x 40min CoreTraining	18km B1 2 x 40min	15km B1 2 x 35min CoreTraining	18km B1 2 x 40min CoreTraining	B2 Ergo 2 x 25min
Menu 2	off	C2 x 2	off	off	C2 x 3	15km B1 2 x 35min CoreTraining	off
	12/23	12/24	12/25	12/26	12/27	12/28	12/29
Menu 1	off	15km B1 2 x 35min CoreTraining	20km B1 2 x 40min CoreTraining	B2 Ergo 2 x 25min	15km B1 2 x 35min CoreTraining	18km B1 2 x 40min CoreTraining	18km B2 2 x 30min
Menu 2	off	C2 x 2	off	off	C2 x 3	15km B1 2 x 35min CoreTraining	off
	12/30	12/31					
Menu 1	off	ActiveRest					
Menu 2	off	ActiveRest					