

2021 12月

29/11	30/11	01/12	02/12	03/12	04/12	05/12
60' B1	2x25' B2	C2 x3	(60'boat+120'bike)B1	2x30' B2	C2 x3	120' B1
	60' B1 free	45' B1 free		60' B1 free	60' free	

06/12	07/12	08/12	09/12	10/12	11/12	12/12
2x30' B2	C2 x3	(60'boat+120'bike)B1	2x30' B2	C2 x3	90' B1	M2- B5 1x500m
					120' B1	off
60' B1 free	45' B1 free		60' B1 free	45' B1 free		

13/12	14/12	15/12	16/12	17/12	18/12	19/12
M2- 1500m race	60' B1	1h30 B1	2x30' B2	C2 x3	120' B1	2x30' B2
90' B1	C2 x3					
45' B1 free	45' B1 free		60' B1 free	60' B1		45' free

20/12	21/12	22/12	23/12	24/12	25/12	26/12
JISS VO2max PeakPower 4mmol			2k Concept2 & RP3 tests			off
60' B1	60' B1	60' B1	B1 free			

27/12	28/12	29/12	30/12	31/12	01/01	02/01
C1 + B1 free			2x30' B2 ergo	C1 + B1 free		