

2020-2021 03月 05月 シニアチーム メニュー

<b>03/08</b>	<b>03/09</b>	<b>03/10</b>	<b>03/11</b>	<b>03/12</b>	<b>03/13</b>	<b>03/14</b>
off	15km B1	C2 x3	B1 free	20km B1	C2 x3	trip
						12km B1

<b>03/15</b>	<b>03/16</b>	<b>03/17</b>	<b>03/18</b>	<b>03/19</b>	<b>03/20</b>	<b>03/21</b>
20km B1	20km B2	C2 x3	20km B1	20km B2	C2 x3 (+1)	20km B1
JISS check		15km B1	B1 free		15km B1	free

<b>03/22</b>	<b>03/23</b>	<b>03/24</b>	<b>03/25</b>	<b>03/26</b>	<b>03/27</b>	<b>03/28</b>
20km B1	20km B2	C2 x3	20km B1	20km B2	C2 x3 (+1)	20km B1
	B1 free	15km B1	B1 free		15km B1	free

<b>03/29</b>	<b>03/30</b>	<b>03/31</b>	<b>04/01</b>	<b>04/02</b>	<b>04/03</b>	<b>04/04</b>
20km B2	C2(3) or B7(6x50cps)	15km B1	18km B3	15km B6 (6x10)	B4 15km	15km B1
	15km B1	trip		free		12km B6

<b>04/05</b>	<b>04/06</b>	<b>04/07</b>	<b>04/08</b>	<b>04/09</b>	<b>04/10</b>	<b>04/11</b>
15km B5 (choice)	12km B6 (6x10)	12km B5 1x500m	2k race	2k race	off	B1 free
B1 free		free	free			

<b>04/12</b>	<b>04/13</b>	<b>04/14</b>	<b>04/15</b>	<b>04/16</b>	<b>04/17</b>	<b>04/18</b>
B1 free	20km B1	C2 x3	B1 free	trip	20km B1	20km B2
				12km B1	B1 free	

<b>04/19</b>	<b>04/20</b>	<b>04/21</b>	<b>04/22</b>	<b>04/23</b>	<b>04/24</b>	<b>04/25</b>
C2 x3	20km B1	20km B2	C2 x3 (+1)	20km B1	20km B2	C2(3) or B7(6x50cps)
20km B1	B1 free		15km B1	free		15km B1

<b>04/26</b>	<b>04/27</b>	<b>04/28</b>	<b>04/29</b>	<b>04/30</b>	<b>05/01</b>	<b>05/02</b>
20km B1	18km B3	15km B6 (6x10)	B4 15km	18km B1	15km B1	15km B5 (choice)
free		free	trip		12km B6	free

<b>05/03</b>	<b>05/04</b>	<b>05/05</b>	<b>05/06</b>	<b>05/07</b>	<b>05/08</b>	<b>05/09</b>
12km B6 (6x10)	12km B5 1x500m	Asian Olympic qualification Tokyo			JPN - FRA	B1 free
	free					40' B1 free

<b>05/10</b>	<b>05/11</b>	<b>05/12</b>	<b>05/13</b>	<b>05/14</b>	<b>05/15</b>	<b>05/16</b>
B1 free	C2 x3	20km B1	18km (6x50)	16km B1	18km B3 3x2k	15km B4 (24-28-32)
B1 free	15km B1		B1 free	12km B6		B1 free

<b>05/17</b>	<b>05/18</b>	<b>05/19</b>	<b>05/20</b>	<b>05/21</b>	<b>05/22</b>	<b>05/23</b>
16km B6 (8x10)	15km B5 2x500	12km B6 (6x10)	12km B5 1x500m	WC2 Lucerne		
	trip Aig - Lucerne	free	free			

<b>05/10</b>	<b>05/11</b>	<b>05/12</b>	<b>05/13</b>	<b>05/14</b>	<b>05/15</b>	<b>05/16</b>
18km B1	18km B2 2x25'	18km B3 3x2k	12km B6 (6x10)	12km B5 1x500m	Final Qualification	
	B1 free		free	free		

<b>05/17</b>	<b>05/18</b>	<b>05/19</b>	<b>05/20</b>	<b>05/21</b>	<b>05/22</b>	<b>05/23</b>
Lucerne	B1 free	20km B1	20km B1	20km B2	20km B1	20km B2
		free		free	free	

WC

OQ