

ユニバ・U23・U21 menu 2021/02/01-04/04

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|------------------------|--------|---------|---------|--------|---------|
| 2/1 | 2/2 | 2/3 | 2/4 | 2/5 | 2/6 | 2/7 |
| 18km B1 | 20km B2 (2 x 25' ergo) | C2 x 3 | B1 free | 20km B2 | C2 x 3 | 20km B1 |

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|---------|---------|---------|--------|---------|------------------------|---------|
| 2/8 | 2/9 | 2/10 | 2/11 | 2/12 | 2/13 | 2/14 |
| trip | 20km B2 | 15km B1 | C2 x 3 | 15km B1 | 20km B2 (2 x 25' ergo) | 15km B1 |
| 15km B1 | B1 free | B1 free | | B1 free | trip | |

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|--------------|------|---------------------|------------------|---------|---------|--------------|
| 2/15 | 2/16 | 2/17 | 2/18 | 2/19 | 2/20 | 2/21 |
| B4 ergo 15km | off | 15km B6 (6 x 10str) | B5 ergo 2 x 500m | 15km B1 | B5 500m | 2k ergo test |
| | off | | | | | free |

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|------|---------|---------|---------|---------|--------|---------|
| 2/22 | 2/23 | 2/24 | 2/25 | 2/26 | 2/27 | 2/28 |
| off | 20km B1 | 20km B1 | 20km B2 | 20km B1 | C2 x 3 | 20km B1 |
| off | B1 free | | | | | |

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|---|---------|---------|--------|---------|----------------|---------|
| 3/1 | 3/2 | 3/3 | 3/4 | 3/5 | 3/6 | 3/7 |
| 18km B7 5 x 60strs SR:14-16 (with brake) | 20km B2 | 18km B1 | C2 x 3 | 15km B1 | 15km B3 3 x 2k | 12km B6 |
| | 15km B1 | B1 free | | free | free | free |

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|--------------------|---------|------------------|----------------------|------------------|--------|---------|
| 3/8 | 3/9 | 3/10 | 3/11 | 3/12 | 3/13 | 3/14 |
| 15km B4 (24-28-32) | 15km B1 | 15km B5 2 x 500m | 12km B6 (6 x 10strs) | 12km B5 1 x 500m | SBS 予選 | B1 free |
| | 12km B6 | | | free | | |

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|---------|-----------------|-----------------|---|-------------------|---------|--------------------|
| 3/15 | 3/16 | 3/17 | 3/18 | 3/19 | 3/20 | 3/21 |
| 15km B1 | 18km B2 2 x 5km | 16km 6 x 10strs | 18km B7 5 x 60strs SR:14-16 (with brake) | 15km B2 2 x 15min | 15km B1 | 15km B1 6 x 10strs |
| B1 free | 15km B1 | | 12km B1 | 15km B1 | | |

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|---------------|-----------------|---------------|------|------|------|------|
| 3/22 | 3/23 | 3/24 | 3/25 | 3/26 | 3/27 | 3/28 |
| 15km 2 x 500m | 12km 6 x 10strs | 12km 1 x 500m | SBS | SBS | SBS | SBS |

| | | | | | | |
|------|---------|---------|---------|---------|--------|---------|
| 3/29 | 3/30 | 3/31 | 4/1 | 4/2 | 4/3 | 4/4 |
| off | B1 free | B1 free | B1 free | 15km B1 | C2 x 3 | 18km B1 |
| off | off | | | | | |