

シニア. 2022 8月 9月

15/08	16/08	17/08	18/08	19/08	20/08	21/08
C2 x3	off	trip	80' B1	C2 x3	90' B1	2x30' B2
		60' B1	B1 free	60' B1	core	B1 free

22/08	23/08	24/08	25/08	26/08	27/08	28/08
90' B1	C2 x3	2x30' B2	3x2k (sr22/24/26)	80' B1	C2 x3	2x30' B2
off	B1 free	B1 free	60' B1	core	off	B1 free

29/08	30/08	31/08	01/09	02/09	03/09	04/09
90' B1	3x2k (sr24/26/28)	2x30' B2	C2 x3	90' B1	70' B1 + 6x10	B4 2k
45' B1 + B6 6x10	off	B1 free	60' B1	core	off	B1 free

05/09	06/09	07/09	08/09	09/09	10/09	11/09
60' B1	B5 1000m	12km B1 6x10	B5 1x500m	2k test	60' B1	
off	B1 free	off	free	B1 free	trip	JPN - CZE

12/09	13/09	14/09	15/09	16/09	17/09	18/09
JPN - CZE	settings + 12km B1	2x4km B2	B5 2x500m	12km B1 6x10	B5 1x500m	
	45' walking	12km B6 6x10	B1 free		free	

19/09	20/09	21/09	22/09	23/09	24/09	25/09

World Championship Racice CZE