

シニア 2022 11月 6kmTT Menu

| 24/10 | 25/10 | 26/10 | 27/10 | 28/10 | 29/10 | 30/10 |
|-------|--------|---------------|---------|--------|-------------|----------|
| off | C2 x3 | 90' B1 | 100' B1 | 90' B1 | 100' B1 | B2 2x30' |
| | 80' B1 | B2 2x30' ergo | | C2 x3 | 90' B1 free | |

| 31/10 | 01/11 | 02/11 | 03/11 | 04/11 | 05/11 | 06/11 |
|-------|--------------|---------------|--------|--------|----------|------------------|
| off | | 45' B1 | 45' B1 | 90' B1 | 45' B1 | 45' B1 |
| | | B2 2x30' ergo | C2 x3 | | 2x30' B2 | C2 x3 |
| | Settings +B1 | 60' B1 | 60' B1 | off | 60' B1 | 45' B1 + B6 6x10 |

| | 07/11 | 08/11 | 09/11 | 10/11 | 11/11 | 12/11 | 13/11 | 14/11 | 15/11 |
|---------|--------------------|----------|--------------------|--------------------|-----------|---------|---------|--------|-------|
| Seta TT | 100' B1 | 45' B1 | 45' B1 | 45' B1 | B5 1x500m | Seta 1x | Seta 2- | 60' B1 | off |
| | | 3km sr30 | 45' B1 + B6 (6x10) | off | | | | | |
| | 45' B1 + B6 (6x10) | off | free | 45' B1 + B6 (6x10) | free | | | | |

| | 07/11 | 08/11 | 09/11 | 10/11 | 11/11 | 12/11 | 13/11 |
|---------|--------------------|----------|----------------|--------|----------|--------------------|--------------------|
| Toda TT | 100' B1 | 45' B1 | 45' B1 | 90' B1 | 45' B1 | 45' B1 | 45' B1 |
| | | 2x30' B2 | 3x 2k 24/26/28 | | 3km sr30 | 45' B1 + B6 (6x10) | off |
| | 45' B1 + B6 (6x10) | off | 60' B1 | off | B1 free | free | 45' B1 + B6 (6x10) |

| 14/11 | 15/11 | 16/11 | 17/11 | 18/11 | 19/11 | 20/11 |
|-----------|--------------|-------------|-------|--------|-------|---------------|
| B5 1x500m | Toda 1x / 2- | 60' B1 free | off | 90' B1 | C2 x3 | 2x30' ergo B2 |
| free | | | | | | |