

U23 2022 4-5-6-7月

11/04	12/04	13/04	14/04	15/04	16/04	17/04
B1 free			trip	45' B1 tech.	45' B1 tech.	45' B1 tech.
				90' B1	2x30' B2	3x2k B3 (sr24) 4/2/2/2/2/2
			settings + 60' B1	45' B1 + 6x10 + Core	45' B1 + 6x10	trip
18/04	19/04	20/04	21/04	22/04	23/04	24/04
off	60' B1	90' B1	2x30' B2	90' B1	3x2k (sr24) 4/2/2/2/2/2	60' B1+6x40s(2')
C1		C1	45' B1 + Core	C1	C1	
25/04	26/04	27/04	28/04	29/04	30/04	01/05
90' B1 + Core	3x2k (sr24/24-26/26) 4/2/2/2/2/2	90' B1	2x30' B2	90' B1	3x2k (sr24/24-26/26) 4/2/2/2/2/2	60' B1+6x40s(2')
C1		C1	45' B1 + Core	C1	C1	
02/05	03/05	04/05	05/05	06/05	07/05	08/05
off	90' B1	3x2k (24-26-28) 4/2/2/2/2/2	90' B1	60' B6 (6x10)	B4 2k	60' B6 (6x10)
C1		C1	45' B1 + Core	C1	45' B1	
09/05	10/05	11/05	12/05	13/05	14/05	15/05
B5 2x500m	50' B1	B5 1x500m	All Japan Championship			
B1 free	off	free				
16/05	17/05	18/05	19/05	20/05	21/05	22/05
B1 free			C2 x3	B1 free		
23/05	24/05	25/05	26/05	27/05	28/05	29/05
trip	40' B1 tech.	40' B1 tech.	40' B1 tech.	40' B1 tech.	20' B1 + 20' Core	40' B1 tech.
	80' B1	2x25' B2	80' B1	C2 x3	80' B1	3x2k (sr24)
settings + 60' B1	45' B1 free	45' B1 free + core	off	45' B1 free	45' B1 + B6 (6x10)	off
30/05	31/05	01/06	02/06	03/06	04/06	05/06
40' B1 tech.	20' B1 + 20' Core	40' B1 tech.	40' B1 tech.	40' B1 tech.	40' B1 tech.	off
80' B1	C2 x3	2x30' B2	80' B1	2x30' B2	3x2k (sr24/24-26/26)	
45' B1 free	60' B1	off	45' B1 free + core	45' B1 + B6 6x10	trip	
06/06	07/06	08/06	09/06	10/06	11/06	12/06
off	90' B1	off	trip	40' B1 tech.	40' B1 tech.	40' B1 tech.
				2x25' B2	2x2k (sr24/26/28)	80' B1
			70' B1	45' B1 + B6 (6x10)	45' B1 free + core	off
13/06	14/06	15/06	16/06	17/06	18/06	19/06
B5 2x500m	45' B1 + B6 (6x10)	B5 1x500m	2k race	2k race	off	80' B1
B1 free	off	free	free	trip		
20/06	21/06	22/06	23/06	24/06	25/06	26/06
off	60' B1	2x30' B2	off	C2 x3	80' B1	2x30' B2
		45' B1 free + core			45' B1 free + core	
27/06	28/06	29/06	30/06	01/07	02/07	03/07
off	C2 x3	80' B1	2x30' B2	C2 x3	80' B1	off
	60' B1	45' B1 free + core	off	60' B1	45' B1 free + core	
04/07	05/07	06/07	07/07	08/07	09/07	10/07
trip	40' B1 tech.	40' B1 tech.	40' B1 tech.	40' B1 tech.	40' B1 tech.	40' B1 tech.
	2x25' B2	3x2k (sr24)	80' B1	3x2k (sr24/24-26/26)	C2 x3	80' B1
80' B1	60' B1	45' B1 free + core	off	45' B1 free + core	60' B1	off
11/07	12/07	13/07	14/07	15/07	16/07	17/07
40' B1 tech.	40' B1 tech.	60' B1	80' B1	2x25' B2	60' B1 + B6 6x10	B4 2k
2x30' B2	3x2k (sr24/26/28)					
45' B1 free + core	trip	off	45' B1 free + core	off	45' B1 free + core	B1 free
18/07	19/07	20/07	21/07	22/07	23/07	24/07
80' B1	JPN - ITA	settings + 60' B1	2x 20' B2	B5 2x500m	45' B1 + B6 6x10	B5 1x500m
off		30' B1	30' B1 free	B1 free	off	free
25/07	26/07	27/07	28/07	29/07	30/07	31/07
						off
U23 World Championship ITA						