

WUG/U23 training menu

05/26	05/27	05/28	05/29	05/30	05/31	06/01
	45' B1 free	75' B1 free	90' B1 free	90' B1	120' B1	2 x 30' B2
	Core			Core		

06/02	06/03	06/04	06/05	06/06	06/07	06/08
	移動	90' B1	2 x 30' B2	90' B1	100' B1	B3 3x2000m (26-28-30)
Core	75' B1	75' B1 free		Core (13:00~)	60' B1 free	

06/09	06/10	06/11	06/12	06/13	06/14	06/15
90' B1	90' B1	120' B1	B3 3x2000m (26-28-30)	90' B1	90' B1	B4 2x2k (26-30-34)
60' B1 free	Core (13:00~)		75' B1 free	Core (13:00~)		

06/16	06/17	06/18	06/19	06/20	06/21	06/22
90' B1	60' B1	B5 1x1000m	60' B6	B5 1x1000m	2000m race	2000m race
60' B1 free		~45' B1 free		~45' B1 free		

06/23	06/24	06/25	06/26	06/27	06/28	06/29
	45' B1 free	75' B1 free	2 x 30' B2	90' B1	90' B1	
	Core			Core	60' B1 free	