

## Senior training menu

03/31	04/01	04/02	04/03	04/04	04/05	04/06
70' B1-⊙ Core	90' B1 ( ⊙30' - ⊙60' )	2 x 30' B2 ergo		70' B1-⊙ Core	120' B1-⊙ Row Bike Run mix	
	B1 free				B1 free	

04/07	04/08	04/09	04/10	04/11	04/12	04/13
(各自) B1 free	2 x 40' ergo (lac)	90' B1-⊙ Core circuit	MC @JISS	70' B1-⊙ Core	120' B1-⊙ Row Bike Run mix	2 x 30' B2 ergo
Core	90' B1 ( ⊙30' - ⊙60' )		2 x 6k B2		70' B1⊙ + B6	

04/14	04/15	04/16	04/17	04/18	04/19	04/20
70' B1-⊙ Core	3 x 5k B2	110' B1 ( ⊙30' - ⊙80' )	B3 3x3000m (24-26-28)	2 x 40' ergo (lac) Core	120' B1-⊙ Bike Run mix	
B1 free	70' B1⊙ + B6		B1 free	70' B1⊙		

04/21	04/22	04/23	04/24	04/25	04/26	04/27
70' B1-⊙ Core	2 x 30' B2 ergo	90' B1-⊙ Core circuit	2 x 6k B2	70' B1-⊙ Core	B3 3x3000m (24-26-28)	120' B1-⊙ Bike Run mix
B1 free	70' B1⊙		70' B1⊙ + B6		70' B1⊙	

04/28	04/29	04/30	05/01	05/02	05/03	05/04
2 x 40' ergo (lac) Core	3 x 5k B2	110' B1 ( ⊙30' - ⊙80' )	B3 3x2000m (26-28-30)	70' B1-⊙ Core	120' B1-⊙ Bike Run mix	
70' B1⊙	B1 free		70' B1⊙	B1 free		

05/05	05/06	05/07	05/08	05/09	05/10	05/11
30' B1+ 3x2k B2 Core	45' B1-⊙ 6x3'(90%) /2'off	110' B1 ( ⊙30' - ⊙80' )	B3 3x2000m (26-28-30)	70' B1-⊙ Core	45' B1-⊙ 6x3'(90%) /2'off	
B1 free	70' B1⊙		70' B1⊙	B1 free		

05/12	05/13	05/14	05/15	05/16	05/17	05/18
70' B1-⊙ Core	45' B1-⊙ 6x3'(90%) /2'off	100' B1 ( ⊙30' - ⊙70' )	45' B1-⊙ B4 2km x2	70' B1-⊙ Core	90' B1 ( ⊙30' - ⊙60' )	3 x 2k B2
B1 free	70' B1-⊙		B1 free			45' B1-⊙ + B6

05/19	05/20	05/21	05/22	05/23	05/24	05/25
30' B1-⊙ 2x1000m (sr32/36)	60' B1-⊙ + B6	B1 free B5 1x500m	全日本選手権	全日本選手権	全日本選手権	全日本選手権
B1 free		free				

### 【 4月 / 5月トレーニング 】

目的: B1/B2/B3トレーニングでの有酸素能力の改善、Core/Core circuitトレーニングでのフィジカル向上、怪我の予防

※B1トレーニングのZONE分けを実施

zone	training	RPE	HR	
1	B1	6-8	<70%	<ILT80%
2	B2	9-11	70-80%	ILT80-90%
3	B3	12-14	80-90%	ILT91-99%
4	B3	15-16	90-95%	ILT-OBLA
5	B5	17-18	95%	OBLA-MAX95%
6	B6	19-20	95%-Max	MAX95%-MAX