

Senior training menu

08/18	08/19	08/20	08/21	08/22	08/23	08/24
100' B1 (①30' - ②70')	90' B1 (①30' - ②60')	2 x 30' B2 ergo	120' B1-① Bike Run mix	戸田→田瀬	2x30' ergo (lac) Core	B3 3x2000m (28-30-32)
	Core	B1 free		90' B1-①	70' B1-①	

08/25	08/26	08/27	08/28	08/29	08/30	08/31
100' B1 (①30' - ②70')	70' B1-① 5x3'(90%) /90"off	70' B1-① Core	B3 4x1250m (30-32-34-36-38)		2x30' ergo (lac) 5x3'(90%) /90"off	100' B1 (①30' - ②70')
70' B1 + B6	B1 free		70' B1-①		B1 free	

09/01	09/02	09/03	09/04	09/05	09/06	09/07
70' B1-① 5x3'(90%) /90"off	70' B1-① Core	8x30" / 3'30 off + 30' B1	100' B1 (①30' - ②70')	8x30" / 3'30 off + 30' B1	70' B1-① Core	
B1 free		70' B1-①		田瀬→戸田		

09/08	09/09	09/10	09/11	09/12	09/13	09/14
戸田→海の森 6x30" / 3'30 off	2x30' ergo (lac) Core	100' B1 (①30' - ②70')	45' B1 6x30" / 4'30 off	70' B1-① Core	70' B1 + B6	70' B1-① B4 2k (24-28-32)
Setting + 70' B1	70' B1-①		70' B1-①		B1 free	

09/15	09/16	09/17	09/18	09/19	09/20	09/21
70' B1-①	5x30" / 4'30 off	Setting + 3 x 2k B2	B1 free B5 2x500m or 4x30" / 4'30 off	12km B6	B1 free B5 1x500m	Wch @Shanghai
海の森→戸田	JPN-CHN	45' B1 + B6		free		

09/22	09/23	09/24	09/25	09/26	09/27	09/28
Wch @Shanghai	Wch @Shanghai	Wch @Shanghai	Wch @Shanghai	Wch @Shanghai	Wch @Shanghai	Wch @Shanghai

09/29	09/30	10/01	10/02	10/03	10/04	10/05
		B1 + Core			国スポ	国スポ
CHN-JPN						

10/06	10/07	10/08	10/09	10/10	10/11	10/12
国スポ	国スポ	B1 + Core				

【 8-9月トレーニング 】

目的：世界選手権に向けスピードトレーニングを実施。