

Seniors 2020 Menu 3

02/17	02/18	02/19	02/20	02/21	02/22	02/23
B4 ergo 15km	15km B1	15km B6 (6x10str)	B5 ergo 2x500	15km B1	12km B5 1x500	2k ergo test

02/24	02/25	02/26	02/27	02/28	02/29	03/01
off	15km B1	C2 x3	20km B1	20km B2	C2 x3	20km B1
		15km B1		15km B1	15km B1	

03/02	03/03	03/04	03/05	03/06	03/07	03/08
off		C2 x3	20km B2	20km B1	15km B2 (2x20')	15km B4 (24-28-32)
	15km B1	15km B1	15km B1		free	

03/09	03/10	03/11	03/12	03/13	03/14	03/15
15km B1	12km B6 (6x10)	12km B5 1x500m	2k select	20km B1	20km B1	16km B3 3x2k
12km B6 (6x10)			2k select		free	

03/16	03/17	03/18	03/19	03/20	03/21	03/22
15km B1	15km B5 2x500	12km B6 (6x10)	12km B5 1x500m			
12km B6 (6x10)				JPN Small Boats		

03/23	03/24	03/25	03/26	03/27	03/28	03/29
15km B1	trip to Kumamoto	20km B1	15km B3 (3x2k)	12km B5 1x500m		
	15km B1	free	free		trials	

03/30	03/31	04/01	04/02	04/03	04/04	04/05
	off	free	15km B1	C2 x3	20km B1	off
trip to Tokyo						