

2020 5月 シニアチーム メニュー

05/04	05/05	05/06	05/07	05/08	05/09	05/10
off	C2 x2	B1 free	20km B2 (2x30'ergo)	C2 x3	B1 free	100+5000m ergo test
	B1 free			B1 free		
05/11	05/12	05/13	05/14	05/15	05/16	05/17
B1 free	C2 x3	B1 free	20km B2 (2x30'ergo)	C2 x3	B1 free	B2 free
	B1 free		B1 free	B1 free		
05/18	05/19	05/20	05/21	05/22	05/23	05/24
off	C2 x3	B1 free	20km B2 (2x30'ergo)	C2 x3	B5 500m ergo	B4 ergo
	B1 free		B1 free	B1 free	B1 free	
05/25	05/26	05/27	05/28	05/29	05/30	05/31
B1 free	C2 x3	20km B2 (2x25'ergo)	B1 free	C2 x3	B1 free	100+5000m ergo test
	B1 free	B1 free		B1 free		