

## 2020 10月 11月 12月 シニアチーム メニュー

|              |              |              |                     |              |              |              |
|--------------|--------------|--------------|---------------------|--------------|--------------|--------------|
| <b>10/12</b> | <b>10/13</b> | <b>10/14</b> | <b>10/15</b>        | <b>10/16</b> | <b>10/17</b> | <b>10/18</b> |
| off          | 15km B1      | 20km B1      | 16km B2 (2x20'ergo) | 20km B1      | C2 x2        | 20km B1      |
|              |              |              | free                |              | B1 free      |              |

|              |              |              |                     |              |              |                 |
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| <b>10/19</b> | <b>10/20</b> | <b>10/21</b> | <b>10/22</b>        | <b>10/23</b> | <b>10/24</b> | <b>10/25</b>    |
| off          | C2 x3        | 20km B1      | 18km B2 (2x25'ergo) | 20km B1      | C2 x3        | 20km B2 (2x30') |
|              | B1 free      |              | B1 free             |              | B1 free      |                 |

|              |              |              |                     |              |              |                 |
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| <b>10/26</b> | <b>10/27</b> | <b>10/28</b> | <b>10/29</b>        | <b>10/30</b> | <b>10/31</b> | <b>11/01</b>    |
| off          | C2 x3        | 20km B1      | 20km B2 (2x30'ergo) | 20km B1      | C2 x3        | 20km B2 (2x30') |
|              | B1 free      |              | 15km B1             |              | B1 free      |                 |

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| <b>11/02</b> | <b>11/03</b> | <b>11/04</b> | <b>11/05</b>        | <b>11/06</b> | <b>11/07</b> | <b>11/08</b> |
| off          | C2 x3        | 20km B1      | 20km B2 (2x30'ergo) | 20km B1      | C2 x3        | off          |
|              |              |              |                     |              |              |              |

|                  |              |              |                     |              |              |                 |
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| <b>11/09</b>     | <b>11/10</b> | <b>11/11</b> | <b>11/12</b>        | <b>11/13</b> | <b>11/14</b> | <b>11/15</b>    |
|                  | 20km B1      | C2 x3        | 20km B2 (2x30'ergo) | 20km B1      | C2 x3(+1)    | 20km B2 (2x30') |
| 15km B1 settings | B1 free      | 15km B1      | 20km B1             |              | B1 free      | 15km B1         |

|              |              |                     |              |              |               |                  |
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| <b>11/16</b> | <b>11/17</b> | <b>11/18</b>        | <b>11/19</b> | <b>11/20</b> | <b>11/21</b>  | <b>11/22</b>     |
| 20km B1      | C2 x3(+1)    | 20km B2 (2x30'ergo) | 20km B1      | 16km B6      | 16km B2 2x20' | 15km B4(3k sr30) |
|              | 15km B1      | 20km B1             |              | B1 free      | B1 free       |                  |

|              |                |                |              |              |              |              |
|--------------|----------------|----------------|--------------|--------------|--------------|--------------|
| <b>11/23</b> | <b>11/24</b>   | <b>11/25</b>   | <b>11/26</b> | <b>11/27</b> | <b>11/28</b> | <b>11/29</b> |
| 16km B1      | 15km B6 (6x10) | 12km B5 1x500m | 6k TT        | 2k ergo test | off          | B1 free      |
|              | free           |                | free         |              |              |              |

|              |              |              |              |              |              |              |
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| <b>11/30</b> | <b>12/01</b> | <b>12/02</b> | <b>12/03</b> | <b>12/04</b> | <b>12/05</b> | <b>12/06</b> |
| off          | B1 free      | B1 free      | C2 x3        | 20km B1      | B1 free      | off          |
|              |              |              |              |              |              |              |

|                 |              |              |              |              |              |                     |
|-----------------|--------------|--------------|--------------|--------------|--------------|---------------------|
| <b>12/07</b>    | <b>12/08</b> | <b>12/09</b> | <b>12/10</b> | <b>12/11</b> | <b>12/12</b> | <b>12/13</b>        |
|                 | 20km B1      | C2 x3        | 20km B1      | 20km B2      | 20km B1      | 20km B2 (2x30'ergo) |
| 15km B1 setting | 20km B1      | 20km B1      | free         |              | 20km B1      | 15km b1             |

|              |              |              |              |              |                     |              |
|--------------|--------------|--------------|--------------|--------------|---------------------|--------------|
| <b>12/14</b> | <b>12/15</b> | <b>12/16</b> | <b>12/17</b> | <b>12/18</b> | <b>12/19</b>        | <b>12/20</b> |
| C2 x3(+1)    | 20km B1      | 20km B2      | C2 x3(+1)    | 20km B1      | 20km B2 (2x30'ergo) | C2 x3(+1)    |
|              |              | B1 free      | 20km B1      |              | 15km B1             |              |

|              |              |                 |              |              |              |              |
|--------------|--------------|-----------------|--------------|--------------|--------------|--------------|
| <b>12/21</b> | <b>12/22</b> | <b>12/23</b>    | <b>12/24</b> | <b>12/25</b> | <b>12/26</b> | <b>12/27</b> |
| 20km B1      | 20km B1      | 20km B1         | 20km B1      | 20km B1      | off          | 15km B1      |
|              | free         | or VO2 max JISS |              |              |              | C1           |