

シニア 2022 4月 5月 All Japan CH

11/04	12/04	13/04	14/04	15/04	16/04	17/04
Seat Races		off	B1 free			
				C1	C1	

18/04	19/04	20/04	21/04	22/04	23/04	24/04
90' B1	3x2k (sr24) 4/2/2/2/2/2/2	90' B1	2x30' B2	90' B1	3x2k (sr24) 4/2/2/2/2/2/2	60' B1+6x40s(2')
	C1	C1	90' B1 + Core	C1	C1	

25/04	26/04	27/04	28/04	29/04	30/04	01/05
90' B1 + Core	3x2k (sr24/24-26/26) 4/2/2/2/2/2/2	90' B1	2x30' B2	90' B1	3x2k (sr24/24-26/26) 4/2/2/2/2/2/2	60' B1+6x40s(2')
	C1	C1	90' B1 + Core	C1	C1	

02/05	03/05	04/05	05/05	06/05	07/05	08/05
off	90' B1	3x2k (sr24/26/28) 4/2/2/2/2/2/2	90' B1	60' B6 (6x10)	B4 2k	60' B6 (6x10)
	C1	C1	60' B1 + Core	C1	60' B1	

09/05	10/05	11/05	12/05	13/05	14/05	15/05
B5 2x500m	50' B1	B5 1x500m	All Japan Championship			
B1 free	off	free				

16/05	17/05	18/05	19/05	20/05	21/05	22/05
B1 free			C2 x3	B1 free		