

シニア 2022 12月 Menu

14/11	15/11	16/11	17/11	18/11	19/11	20/11
B5 1x500m	Toda 1x / 2-	60' B1 free	off	90' B1	C2 x3	2x30' ergo B2
free						

21/11	22/11	23/11	24/11	25/11	26/11	27/11
	45' B1	45' B1	100' B1	45' B1	45' B1	110' B1
	2x30' B2	C2 x3		2x30' ergo B2	C2 x3	
Settings + B1	60' B1	70' B1		70' B1	80' B1	

28/11	29/11	30/11	01/12	02/12	03/12	04/12
45' B1	45' B1	120' B1	45' B1	45' B1	60' B1	60' B1
2x30' B2	C2 x4		2x30' ergo B2	C2 x4		
80' B1	90' B1		80' B1			

05/12	06/12	07/12	08/12	09/12	10/12	11/12
off	70' B1	2x30' ergo B2	C2 x3	80' B1	2x30' B2	90' B1

12/12	13/12	14/12	15/12	16/12	17/12	18/12
	JISS VO2max		120' B1	45' B1	90' B1	45' B1
				2x1250m (sr28to36)		2x1000m (sr32/sr36)
80' B1	60' B1	60' B1	off	60' B1 free	off	45' B1 + B6 (6x10)

19/12	20/12	21/12	22/12	23/12	24/12	25/12
120' B1	45' B1	45' B1	2k Concept2 & RP3 tests		60' B1	off
	B5 6x250m	B5 1x500m				
off	45' B1 + B6 (6x10)	free	B1 free			