

シニア 2023 02月 Menu

06/02	07/02	08/02	09/02	10/02	11/02	12/02
	45' B1	45' B1	100' B1	45' B1	45' B1	100' B1
	2x30' B2 ergo	C2 x3		2x30' B2	C2 x4	
Settings + B1	60' B1 + Core	80' B1		60' B1 + Core	B1 free	

13/02	14/02	15/02	16/02	17/02	18/02	19/02
45' B1	45' B1	45' B1	45' B1	45' B1	30' B1 free	30' B1 free
2x30' B2 ergo	B4 2km x2	(5x1'/1'30down) x2(8') sr24to32 + sr26to34	2x1250m (sr28to36)	90' B1	2x20' B2	90' B1
JOC Program + B1 free	80' B1		80' B1	Core		

20/02	21/02	22/02	23/02	24/02	25/02	26/02
30' B1	30' B1	2k ergo test	90' B1	5k ergo test	100' B1	off
B5 1x1000m + 1x500m	B5 1x500m					
free	free		free		Core	

27/02	28/02	01/03	02/03	03/03	04/03	05/03
120' B1	120' B1	B1 free	45' B1	45' B1	30' B1	30' B1
			2x1250m(24-32/28-36)	2x1000m (sr32/sr36)	60' B1 + B6	B5 1x500m
Core		2x20' B2	60' B1	60' B1	off	free

06/03	07/03	08/03	09/03	10/03	11/03	12/03
2K TT	90' B1	30' B1 free	30' B1 free	30' B1 free	30' B1 free	30' B1 free
		2x30' B2	90' B1 + B6	2x30' B2	2x1250m(24-32/28-36)	90' B1 + B6
2K TT	off	core		60' B1 + B6	B1 free	

13/03	14/03	15/03	16/03	17/03	18/03	19/03
30' B1 free	30' B1 free	30' B1	SBS			off
2x1000m (sr32/sr36)	60' B1 + B6	B5 1x500m				
B1 free		B1 free				