

2023 05月 Menu

24/04	25/04	26/04	27/04	28/04	29/04	30/04
off	90' B1	C2 x3	100' B1	2x 30' B2	100' B1	C2 x3
		90' B1	Core	45' B1 + B6(6x10)	90' B1	B1 free

01/05	02/05	03/05	04/05	05/05	06/05	07/05
	45' B1	45' B1	45' B1	45' B1	45' B1	45' B1
off	90' B1	C2 x3	100' B1	B3 4x 2km 22sr	3x 2000m (24/26/28)	110' B1
	45' B1 + B6(6x10)	B1 free	Core	45' B1 + B6(6x10)	B1 free	

08/05	09/05	10/05	11/05	12/05	13/05	14/05
	30' B1	30' B1	30' B1	30' B1	30' B1	30' B1
off	C2 x3	100' B1	4x 2km B2	B4 2k x2 (24/26/28/30)	90' B1	3x 2km B2
	B1 free	Core	90' B1		45' B1 + B6(6x10)	

15/05	16/05	17/05	18/05	19/05	20/05	21/05
30' B1	30' B1	30' B1	All Japan Ch.			
B5 2x1000m sr32 sr36	60' B1 + B6	B5 1x750m (race pace)				
B1 free		free				

22/05	23/05	24/05	25/05	26/05	27/05	28/05
off	off	90' B1	C2 x3	90' B1	2x 30' B2	110' B1
		Core		Core		