

U23 2019
Menu 3
WCh Sarasota

| | | | | | | |
|----------------|-----------------|--------------------|-----------------|------------------------|-----------------|--------------------|
| 03/04 | 03/05 | 03/06 | 03/07 | 03/08 | 03/09 | 03/10 |
| off | 15km B2 (2x20') | 15km B4 (24-28-32) | 15km B1 | 15km B1 | 12km B6 (6x10) | 12km B5 1x500m |
| | | 15km B1 / free | | 12km B6 (6x10) | | |
| 03/11 | 03/12 | 03/13 | 03/14 | 03/15 | 03/16 | 03/17 |
| 2k select | 15km B1 | 15km B1 | 16km B2 (2x20') | 15km B1 | 16km B2 (2x20') | 15km B1 |
| 2k select | | | 15km B1 / free | | | 12km B6 (6x10) |
| 03/18 | 03/19 | 03/20 | 03/21 | 03/22 | 03/23 | 03/24 |
| 15km B3 (3x2k) | 15km B5 2x500 | 12km B6 (6x10) | 12km B5 1x500m | | | |
| | | | | JPN Small Boats | | |
| 03/25 | 03/26 | 03/27 | 03/28 | 03/29 | 03/30 | 03/31 |
| 1h B1 free | off | off | 15km B1 | 15km B1 | 20km B2 | off |
| | | | | | | |
| 04/01 | 04/02 | 04/03 | 04/04 | 04/05 | 04/06 | 04/07 |
| free | 2 C2 | 15km B1 | 15km B1 | C2 x3 | 20km B2 | off |
| | | | | | | |
| 04/08 | 04/09 | 04/10 | 04/11 | 04/12 | 04/13 | 04/14 |
| free | 3 C2 | 15km B1 | 15km B1 | C2 x3 | 20km B2 | off |
| | | | | | | |
| 04/15 | 04/16 | 04/17 | 04/18 | 04/19 | 04/20 | 04/21 |
| | 20km B2 | C2 x3 | 20km B1 | 20km B2 | C2 x3 | 20km B1 |
| 12km B1 | 15km B1 | | 15km B6 | | 15km B1 | |
| 04/22 | 04/23 | 04/24 | 04/25 | 04/26 | 04/27 | 04/28 |
| 20km B2 | C2 x3 | 20km B1 | 20km B2 | C2 x3 | 20km B1 | 20km B2 |
| 15km B1 | | 15km B6 | | 15km B1 | 12km B6 | |
| 04/29 | 04/30 | 05/01 | 05/02 | 05/03 | 05/04 | 05/05 |
| 1h B1 free | off | off | 15km B1 | C2 x3 | 15km B1 | 20km B2 |
| | | | | | | |
| 05/06 | 05/07 | 05/08 | 05/09 | 05/10 | 05/11 | 05/12 |
| off | C2 x3 | 20km B1 | 20km B2 | C2 x3 | 15km B6 | 20km B2 |
| | | 12km B6 | | 15km B1 | | |
| 05/13 | 05/14 | 05/15 | 05/16 | 05/17 | 05/18 | 05/19 |
| off | C2 x3 | 20km B1 | 15km B1 | 15km B3 (3x2k) | 15km B1 | 15km B4 (24-28-32) |
| | | 12km B6 | | 12km B6 | | |
| 05/20 | 05/21 | 05/22 | 05/23 | 05/24 | 05/25 | 05/26 |
| 16km B6 (6x10) | 15km B5 2x500 | 12km B6 (6x10) | 12km B5 1x500m | | | |
| | 12km B1 / free | | 8km B1 / free | All Japan Championship | | |