

U19 menu 2020/01/01-3/22

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1/1	1/2	1/3	1/4	1/5
Menu 1			off	off	15km B1 2 x 35min CoreTraining	18km B1 2 x 40min CoreTraining	20km B2 2 x 40min
Menu 2				C1 (+Core Training)	C1 (+Core Training)	off	off
	1/6	1/7	1/8	1/9	1/10	1/11	1/12
Menu 1	off	15km B1 2 x 35min CoreTraining	20km B2 Ergo 2 x 25min	off	18km B1 2 x 40min CoreTraining	20km B2 Ergo 2 x 25min	20km B1 2 x 40min Core Training
Menu 2	off	C1 (+Core Training)	off	15km B1 Boat Setting	8km B1 + C1 (+Core Training)	8km B1 + C1 (+Core Training)	off
	1/13	1/14	1/15	1/16	1/17	1/18	1/19
Menu 1	20km B2 2 x 40min	20km B1 2 x 40min Core Training	18km B2 2 x 30min	20km B1 2 x 40min	15km B3 3 x 2k (SR:22-24) interval: 20min	off	20km B2 2 x 30min
Menu 2	8km B1 + C1 (+Core Training)		8km B1 + C1 (+Core Training)	8km B1 + C1 (+Core Training)	off	off	off
	1/20	1/21	1/22	1/23	1/24	1/25	1/26
Menu 1	off	12km B1 + C1 (+Core Training)	12km B1 + C1 (+Core Training)	15km B2 2 x 20min	off	15km B1 2 x 30min	15km B1 2 x 40min Core Training
Menu 2	off	off	off	off	off	off	off
	1/27	1/28	1/29	1/30	1/31	2/1	2/2
Menu 1	off	15km B1 2 x 35min CoreTraining	C2 x 3 HR:170bpm	off	12km B1 2 x 30min	18km B1 2 x 40min CoreTraining	20km B2 2 x 30min
Menu 2	off	off	off	off	off	off	off
	2/3	2/4	2/5	2/6	2/7	2/8	2/9
Menu 1	off	20km B2 Ergo 2 x 25min	C2 x 3 HR:170bpm	trip	15km B1 Boat Setting	20km B1 2 x 40min	18km B2 2 x 30min
Menu 2	off		off	off	12km B1 2 x 35min	15km B1 2 x 35min CoreTraining	off
	2/10	2/11	2/12	2/13	2/14	2/15	2/16
Menu 1	C2 x 3 HR:170bpm	18km B1 2 x 40min CoreTraining	18km B2 2 x 30min	18km B1 2 x 40min CoreTraining	C2 x 3 HR:170bpm	15km B3 3 x 2k (SR:22-24) interval: 20min	trip
Menu 2	15km B1 2 x 35min	12km B1 2 x 30min	15km B1 2 x 35min	off	15km B1 2 x 35min	15km B1 2 x 35min	off
	2/17	2/18	2/19	2/20	2/21	2/22	2/23
Menu 1	off	Ergo B4 12km (24-28-32) x 2 interval:20min	15km B1 2 x 35min CoreTraining	15km B6 6 x 10strs interval: 5min	Ergo B5 2 x 500m (RacePace) interval:5min	15km B1 2 x 35min CoreTraining	12km B5 1 x 500m (RacePace)
Menu 2	off		off	off		off	off
	2/24	2/25	2/26	2/27	2/28	2/29	3/1
Menu 1	2km Ergo Trial	15km B1 2 x 35min CoreTraining	off	15km B2 2 x 25min	18km B1 2 x 40min CoreTraining	18km B1 2 x 40min CoreTraining	18km B2 2 x 30min
Menu 2	off		off	off		12km B6 6 x 10strs	off
	3/2	3/3	3/4	3/5	3/6	3/7	3/8
Menu 1	off	18km B2 2 x 30min	off	18 km B1 2 x 40min Core Training	15km B6 6 x 10 strs interval:5min	15km B2 2 x 20min	15km B4 (24-28-32) x 2 interval:20min
Menu 2	off	ActiveRest			12km B1		
	3/9	3/10	3/11	3/12	3/13	3/14	3/15
Menu 1		12km B6 6 x 10strs interval:5min	12km B5 1 x 500m (RacePace)	2km trial	18km B1 2 x 40min Core Training	18 km B1 2 x 40min Core Training	18km B2 2 x 30min
Menu 2	15km B1 Boat Setting					Active Rest	
	3/16	3/17	3/18	3/19	3/20	3/21	3/22
Menu 1	12-15km B4 (24-28-32) x 1-2 interval:20min	8-12km B6 6 x 10 strs interval:5min	15km B5 2 x 500m (RacePace) interval:5min	15km B6 6 x 10strs	12km B5 1 x 500m (RacePace)	Small Boat Selection Regatta	
Menu 2	8-12km B1 30-40 min x 1						