

**U19 menu 2020/03/31-5/31**

|        | Mon<br>3/30 | Tue<br>3/31                                 | Wed<br>4/1                                   | Thu<br>4/2                                    | Fri<br>4/3                                    | Sat<br>4/4                            | Sun<br>4/5                                     |
|--------|-------------|---|--|---|---|---------------------------------------|--|
| Menu 1 | off         | 15km B1 HR150bpm<br>2 x 35min               | 18km B2 Ergo<br>HR170bpm<br>2 x 25min        | 18km B1<br>2 x 40min<br>CoreTraining          | 18km B1 HR150bpm<br>2 x 40min<br>CoreTraining | 18km B2 Ergo<br>HR170bpm<br>2 x 25min | 18km B2 HR170bpm<br>2 x 30min<br>Core Training |
| Menu 2 | off         | C2 x 3 HR 170bpm<br>(+Core Training)        | off  | off   | C2 x 3 HR 170bpm<br>(+Core Training)          | 15km B1<br>2 x 35min                  | off  |
|        | 4/6         | 4/7   | 4/8  | 4/9   | 4/10  | 4/11                                  | 4/12   |
| Menu 1 | off         | 15km B1 HR150bpm<br>2 x 35min               | 18km B2 Ergo<br>HR170bpm<br>2 x 25min        | 18km B1 HR150bpm<br>2 x 40min<br>CoreTraining | 18km B1 HR150bpm<br>2 x 40min<br>CoreTraining | 18km B2 Ergo<br>HR170bpm<br>2 x 25min | 18km B2 HR170bpm<br>2 x 30min<br>Core Training |
| Menu 2 | off         | C2 x 3 HR 170bpm<br>(+Core Training)        | off  | off   | C2 x 3 HR 170bpm<br>(+Core Training)          | 15km B1 HR150bpm<br>2 x 35min         | off  |
|        | 4/13        | 4/14  | 4/15   | 4/16  | 4/17  | 4/18                                  | 4/19   |
| Menu 1 | off         | 15km B1 HR150bpm<br>2 x 35min               | 18km B2 Ergo<br>HR170bpm<br>2 x 25min        | 15km B1 HR150bpm<br>2 x 30min<br>CoreTraining | 15km B1 HR150bpm<br>2 x 40min<br>CoreTraining | 15km B2 Ergo<br>HR170bpm<br>2 x 20min | 15km B2 HR170bpm<br>2 x 20min<br>Core Training |
| Menu 2 | off         | C2 x 3 HR 170bpm<br>(+Core Training)        | off  | free  | free  | 15km B1 HR150bpm<br>2 x 35min         | off  |
|        | 4/20        | 4/21  | 4/22   | 4/23  | 4/24  | 4/25                                  | 4/26   |
| Menu 1 | off         | 15km B1 HR150bpm<br>2 x 35min               | 15km B1 HR150bpm<br>2 x 35min                | 15km B1 HR150bpm<br>2 x 30min<br>CoreTraining | 15km B1 HR150bpm<br>2 x 40min<br>CoreTraining | 15km B2 Ergo<br>HR170bpm<br>2 x 20min | 15km B2 HR170bpm<br>2 x 20min<br>Core Training |
| Menu 2 | off         | free  | free   | free  | free  | 15km B1 HR150bpm<br>2 x 35min         | off  |
|        | 4/27        | 4/28  | 4/29   | 4/30  | 5/1   | 5/2                                   | 5/3  |
| Menu 1 | off         | 15km B1 HR150bpm<br>2 x 35min               | 18km B2 Ergo<br>HR170bpm<br>2 x 25min        | 15km B1 HR150bpm<br>Boat Setting              | 18km B1 HR150bpm<br>2 x 40min<br>CoreTraining | 18km B2 Ergo<br>HR170bpm<br>2 x 25min | 18km B2 HR170bpm<br>2 x 30min<br>Core Training |
| Menu 2 | off         | C2 x 3 HR 170bpm<br>(+Core Training)        | off  | off   | C2 x 3 HR 170bpm<br>(+Core Training)          | 15km B1 HR150bpm<br>2 x 35min         | off  |
|        | 5/4         | 5/5   | 5/6  | 5/7   | 5/8   | 5/9                                   | 5/10   |
| Menu 1 | off         | 12km B1<br>HR150bpm+ C1<br>(+Core Training) | 12km B1 HR150bpm<br>+ C1<br>(+Core Training) | off   | 15km B1 HR150bpm<br>2 x 30min<br>CoreTraining | 15km B2 Ergo<br>HR170bpm<br>2 x 20min | 15km B1 HR150bpm<br>2 x 25min<br>Core Training |
| Menu 2 | off         | off   | off  | off   | C2 x 3 HR 170bpm<br>(+Core Training)          | 15km B1<br>2 x 25min                  | off  |
|        | 5/11        | 5/12  | 5/13   | 5/14  | 5/15  | 5/16                                  | 5/17   |
| Menu 1 | off         | 15km B1 HR150bpm<br>2 x 35min               | 18km B2 Ergo<br>HR170bpm<br>2 x 25min        | 15km B1 HR150bpm<br>Boat Setting              | 18km B1 HR150bpm<br>2 x 40min<br>CoreTraining | 18km B2 Ergo<br>HR170bpm<br>2 x 25min | 18km B2 HR170bpm<br>2 x 30min<br>Core Training |
| Menu 2 | off         | C2 x 3 HR 170bpm<br>(+Core Training)        | off  | off   | C2 x 3 HR 170bpm<br>(+Core Training)          | 15km B1 HR150bpm<br>2 x 35min         | off  |
|        | 5/18        | 5/19  | 5/20   | 5/21  | 5/22  | 5/23                                  | 5/24   |
| Menu 1 | off         | 15km B1 HR150bpm<br>2 x 35min               | 18km B2 Ergo<br>HR170bpm<br>2 x 25min        | 15km B1 HR150bpm<br>Boat Setting              | 18km B1 HR150bpm<br>2 x 40min<br>CoreTraining | 18km B2 Ergo<br>HR170bpm<br>2 x 25min | 18km B2 HR170bpm<br>2 x 30min<br>Core Training |
| Menu 2 | off         | C2 x 3 HR 170bpm<br>(+Core Training)        | off  | off   | C2 x 3 HR 170bpm<br>(+Core Training)          | 15km B1 HR150bpm<br>2 x 35min         | off  |
|        | 5/25        | 5/26  | 5/27   | 5/28  | 5/29  | 5/30                                  | 5/31   |
| Menu 1 | off         | 15km B1 HR150bpm<br>2 x 35min               | 18km B2 Ergo<br>HR170bpm<br>2 x 25min        | 15km B1 HR150bpm<br>Boat Setting              | 15km B1 HR150bpm<br>2 x 30min<br>CoreTraining | 18km B2 Ergo<br>HR170bpm<br>2 x 25min | 15km B2 HR170bpm<br>2 x 20min<br>Core Training |
| Menu 2 | off         | C2 x 3 HR 170bpm<br>(+Core Training)        | off  | off   | C2 x 3 HR 170bpm<br>(+Core Training)          | 15km B1 HR150bpm<br>2 x 35min         | off  |