

**U19 menu 2020/06/01-06/30**

	Mon 6/1	Tue 6/2	Wed 6/3	Thu 6/4	Fri 6/5	Sat 6/6	Sun 6/7
Menu 1	off	15km B1 HR150bpm 2 x 35min	18km B2 Ergo HR170bpm 2 x 25min	18km B1 2 x 40min CoreTraining	18km B1 HR150bpm 2 x 40min CoreTraining	18km B1 Ergo/on-water HR150bpm 2 x 240min	18km B2 HR170bpm 2 x 30min Core Training
Menu 2	off	C2 x 3 HR 170bpm (+Core Training)	free	free	C2 x 3 HR 170bpm (+Core Training)	15km B1 2 x 35min	free
	6/8	6/9	6/10	6/11	6/12	6/13	6/14
Menu 1	off	15km B1 HR150bpm 2 x 35min	18km B2 Ergo HR170bpm 2 x 25min	18km B1 HR150bpm 2 x 40min CoreTraining	18km B1 HR150bpm 2 x 40min CoreTraining	18km B1 Ergo/on-water HR150bpm 2 x 240min	20km B2 HR170bpm 2 x 35min Core Training
Menu 2	off	C2 x 3 HR 170bpm (+Core Training)	free	free	C2 x 3 HR 170bpm (+Core Training)	15km B1 HR150bpm 2 x 35min	free
	6/15	6/16	6/17	6/18	6/19	6/20	6/21
Menu 1	off	15km B1 HR150bpm 2 x 35min	18km B2 Ergo HR170bpm 2 x 25min	15km B1 HR150bpm 2 x 30min CoreTraining	15km B1 HR150bpm 2 x 40min CoreTraining	15km B1 Ergo/on water HR150bpm 2 x 25min	18km B1 HR150bpm 2 x 40min
Menu 2	off	C2 x 3 HR 170bpm (+Core Training)	free	free	B1 free	B1 free	free
	6/22	6/23	6/24	6/25	6/26	6/27	6/28
Menu 1	off	15km B1 HR150bpm 2 x 35min	18km B2 Ergo HR:170 bpm 2 x20min	18km B1 HR150bpm 2 x 40min CoreTraining	18km B1 HR150bpm 2 x 40min CoreTraining	18km B1 Ergo/on water HR150bpm 2 x 20min	20km B2 HR170bpm 2 x 35min Core Training
Menu 2	off	C2 x 3 HR 170bpm (+Core Training)	free	free	C2 x 3 HR 170bpm (+Core Training)	15km B1 HR150bpm 2 x 35min	free
	6/29	6/30					
Menu 1	off	15km B1 HR150bpm 2 x 35min					
Menu 2	off	C2 x 3 HR 170bpm (+Core Training)					