

U19 menu 2020/07/01-07/31

	Mon	Tue	Wed 7/1	Thu 7/2	Fri 7/3	Sat 7/4	Sun 7/5
Menu 1	free	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
	7/6	7/7	7/8	7/9	7/10	7/11	7/12
Menu 1	free	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
	7/13	7/14	7/15	7/16	7/17	7/18	7/19
Menu 1	free	15km B1 HR150bpm 2 x 35min	18km B2 Ergo HR170bpm 2 x 25min	20km B1 HR150bpm 2 x 45min 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
	7/20	7/21	7/22	7/23	7/24	7/25	7/26
Menu 1	free	15km B1 HR150bpm 2 x 35min	15km B2 Ergo HR170bpm 2 x 20min	15km B1 HR 170bpm 2 x 35min CoreTraining	18km B1 HR150bpm 2 x 40min CoreTraining	18km B1 Ergo/on-water HR150bpm 2 x 240min	15km B2 HR170bpm 2 x 25min 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
	7/27	7/28	7/29	7/30	7/31		
Menu 1	free	15km B1 HR150bpm 2 x 35min	18km B2 Ergo HR170bpm 2 x 25min	20km B1 HR150bpm 2 x 45min CoreTraining	18km B1 HR150bpm 2 x 40min CoreTraining		
Menu 2	off	C2 x 3 HR 170bpm (+Core Training)	free	free	C2 x 3 HR 170bpm (+Core Training)		

備考：メニューに提示した心拍数（HR）を目安に、近隣施設を利用し、自転車、水泳、山登りなどローイング以外の運動を積極的に取り入れ、様々な運動機能、筋肉に刺激を入れることを目指しましょう。