

U19 menu 2020/09/07-10/18

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|---------|---------|-------------------------------|---------|---------|---------|
| 9/7 | 9/8 | 9/9 | 9/10 | 9/11 | 9/12 | 9/13 |
| OFF | 15km B1 | 18km B1 | 15km B6 or Ergo B4 10' x 2 | 15km B1 | 18km B1 | 18km B2 |
| OFF | C2 x 3 | B1 free | OFF | C2 x 3 | B1 free | free |

| 9/14 | 9/15 | 9/16 | 9/17 | 9/18 | 9/19 | 9/20 |
|------|---------|---------|---------|---------|---------|---------|
| OFF | 15km B1 | 18km B1 | 15km B6 | 15km B1 | 18km B1 | 18km B2 |
| OFF | C2 x 3 | B1 free | OFF | C2 x 3 | B1 free | free |

| 9/21 | 9/22 | 9/23 | 9/24 | 9/25 | 9/26 | 9/27 |
|------|---------|---------|---------|---------|---------|---------|
| OFF | 15km B1 | 15km B1 | 18km B1 | 15km B1 | 18km B1 | 15km B1 |
| OFF | C2 x 3 | free | OFF | C2 x 3 | B1 free | free |

| 9/28 | 9/29 | 9/30 | 10/1 | 10/2 | 10/3 | 10/4 |
|------|---------|---------|-------------------------------|---------|---------|---------|
| OFF | 15km B1 | 18km B1 | 15km B6 or Ergo B4 10' x 2 | 15km B1 | 18km B1 | 18km B2 |
| OFF | C2 x 3 | B1 free | OFF | C2 x 3 | B1 free | free |

| 10/5 | 10/6 | 10/7 | 10/8 | 10/9 | 10/10 | 10/11 |
|------|---------|---------|---------|---------|---------|---------|
| OFF | 15km B1 | 18km B1 | 15km B6 | 15km B1 | 18km B1 | 18km B2 |
| OFF | C2 x 3 | B1 free | OFF | C2 x 3 | B1 free | free |

| 10/12 | 10/13 | 10/14 | 10/15 | 10/16 | 10/17 | 10/18 |
|-------|---------|---------|---------|---------|---------|---------|
| OFF | 15km B1 | 15km B1 | 18km B1 | 15km B1 | 18km B1 | 15km B1 |
| OFF | C2 x 3 | free | OFF | C2 x 3 | B1 free | free |

B1: 150 bmp

B2: 170 bpm

B3:180 bpm

B4: 180 bpm over B5: Max

C2: 170 bpm

これらの心拍数を目安に、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、様々な運動機能や筋肉に刺激を入れることを目指しましょう。