

2020 11月 12月 1月 U23チームメニュー

| | | | | | | |
|------------------|---------|-------------------|---------------------|-----------------|-------------------|-------------------|
| 10/26 | 10/27 | 10/28 | 10/29 | 10/30 | 10/31 | 11/01 |
| off | B1 free | 15km B1 | B1 free | C2 x2 | 20km B1 | 20km B2 (2x30') |
| | | | | | | |
| 11/02 | 11/03 | 11/04 | 11/05 | 11/06 | 11/07 | 11/08 |
| off | C2 x3 | 20km B1 | 18km B2 (2x25'ergo) | 20km B1 | C2 x3 | 20km B2 (2x30') |
| | | | free B1 | | 15km B1 | |
| 11/09 | 11/10 | 11/11 | 11/12 | 11/13 | 11/14 | 11/15 |
| off | C2 x3 | 20km B1 | 18km B2 (2x25'ergo) | 20km B1 | C2 x3 | 20km B2 (2x30') |
| | | | free B1 | | 15km B1 | |
| 11/16 | 11/17 | 11/18 | 11/19 | 11/20 | 11/21 | 11/22 |
| off | C2 x3 | 20km B1 | 18km B2 (2x25'ergo) | 20km B1 | C2 x3 | 20km B2 (2x30') |
| | | | free B1 | | 15km B1 | |
| 11/23 | 11/24 | 11/25 | 11/26 | 11/27 | 11/28 | 11/29 |
| off | C2 x3 | 20km B1 | 18km B2 (2x25'ergo) | B1 free | 20km B2 (2x30') | 15km B6 (6x10str) |
| | | | | | | |
| 11/30 | 12/01 | 12/02 | 12/03 | 12/04 | 12/05 | 12/06 |
| B4 ergo 15km | 15km B1 | 15km B6 (6x10str) | B5 ergo 2x 500m | 15km B1 | 12km B5 1x500m | 2k ergo test |
| | | | 12km B1 | | | |
| 12/07 | 12/08 | 12/09 | 12/10 | 12/11 | 12/12 | 12/13 |
| off | 20km B1 | 18km B2 (2x25') | C2 x3 | 20km B1 | 20km B2 (2x25') | B1 free |
| | | | | free | B1 free | |
| 12/14 | 12/15 | 12/16 | 12/17 | 12/18 | 12/19 | 12/20 |
| | C2 x3 | 18km B2 (2x25') | 20km B1 | 18km B2 (2x25') | 15km B6 (6x10str) | 12km B5 1x500m |
| 15km B1 settings | 15km B1 | B1 free | | 15km B1 | B1 free | |
| 12/21 | 12/22 | 12/23 | 12/24 | 12/25 | 12/26 | 12/27 |
| 6km test | 15km B1 | 15km B1 | 15km B1 | off | 15km B1 | 15km B1 |
| B1 free | | or VO2 max JISS | | | C1 | C1 |
| 12/28 | 12/29 | 12/30 | 12/31 | 01/01 | 01/02 | 01/03 |
| off | 15km B1 | 18km B2 | B1 free | off | 20km B1 | 20km B2 |
| | C1 | | C1 | | C1 | |