

UGames 2023 6月 7月

12/06	13/06	14/06	15/06	16/06	17/06	18/06
off		30' B1 90' B1	30' B1 C2 x3	30' B1 90' B1	B3 3x 2km 24sr	JPN - HOL
	Settings + 80' B1	core	B1 free			
					JPN - HOL	settings + B1

19/06	20/06	21/06	22/06	23/06	24/06	25/06
30' B1 free	30' B1 free	30' B1 free	30' B1 free	30' B1 free	Holland Beker	
60' B1	3x 2km B2	B5 2x750m sr32 sr36	45 B1 + B6	B5 1x500m (race pace)		
45' B1 + B6(6x10)		B1 free		free		

26/06	27/06	28/06	29/06	30/06	01/07	02/07
HOL - JPN	off	B1 free + core	70' B1	C2 x3	70' B1 + core	2x30' B2

03/07	04/07	05/07	06/07	07/07	08/07	09/07
off		30' B1 70' B1	30' B1 C2 x3	30' B1 2x30' B2	30' B1 80' B1	B3 3x 2km 24sr
	Settings + 80' B1	45' B1 + B6(6x10)	70' B1		45' B1 + B6(6x10)	

10/07	11/07	12/07	13/07	14/07	15/07	16/07
30' B1	30' B1	30' B1	60' B1	30' B1	30' B1	60' B1
80' B1	C2 x3	2x30' B2		C2 x3	2x30' B2	
	45' B1 + B6(6x10)	B1 free + core		45' B1 + B6(6x10)	B1 free + core	

17/07	18/07	19/07	20/07	21/07	22/07	23/07
off	30' B1	30' B1	30' B1	60' B1	30' B1	30' B1
	60' B1	B3 3x 2km 24sr	B3 2x 2km 28 + 32		(4x1'/1'30down)x2 (8') 24to32+sr26to34	2x1250m (24-32/28-36)
	45' B1 + B6(6x10)		B1 free + core		45' B1 + B6(6x10)	B1 free + core

24/07	25/07	26/07	27/07	28/07	29/07	30/07
60' B1	30' B1	60' B1	2x20' B2	JPN - CHN	Settings + 60' B1	80' B1
45' B1 + B6(6x10)	B4 2k(24-24-28-32)					45' B1 + B6(6x10)

31/07	01/08	02/08	03/08	04/08	05/08	06/08
3x 2km B2	30' B1	30' B1	30' B1	WUG CHN		
	B5 1000m+750m sr32 sr36	60' (B1 + B6)	B5 1x750m (race pace)			