

Asia OQ Seniors 3月 4月 2024

11/03	12/03	13/03	14/03	15/03	16/03	17/03
100' B1	110' B1	120' B1-	60' B1	100' B1	120' B1-	off
Core	45' B1 free	Core		Core		

18/03	19/03	20/03	21/03	22/03	23/03	24/03
	120' B1	30'B1 + 3x2k (sr24/26/28) + 30'B1	JISS	30' B1 + 30' B2 + 30' B1	120' B1	30'B1 + 6x20 max(4' rest) + 30'B1
2x30' B1 Lactates	Core 45' B1 free	90' B1		12km 8x15 (sr30/32 with brake)	Core 45' B1 free	off

25/03	26/03	27/03	28/03	29/03	30/03	31/03
100' B1	2X30' B2	100' B1	90' B1	30'B1 + 6x20 max(4' rest) + 30'B1	120' B1-	off
	Core	90' B1 free		Core		

01/04	02/04	03/04	04/04	05/04	06/04	07/04
90' B1	120' B1		30' B1 + 30' B2 + 30' B1	120' B1-	30' B1 free 4x500m(race pace) 3'	off
	Core 45' B1 free	30'B1 + 6x20 max(4' rest) + 30'B1		Core	60' B1 free	

08/04	09/04	10/04	11/04	12/04	13/04	14/04
90' B1	30'B1 + 3x2k (sr24/26/28) + 30'B1	30'B1 + 6x20 max(4' rest) + 30'B1	120' B1-	90' B1	B1 free B4 24/28/32	60' B1 + B6
	45' B1 free	45' B1 free	Core		45' B1 free	

15/04	16/04	17/04	18/04	19/04	20/04	21/04
travel	B1 free 1x1000m	45' B1 + B6	B1 free B5 1x500m	Asian Olympic qualification		
	free		free			