

Asian Rowing championships

23/09	24/09	25/09	26/09	27/09	28/09	29/09
				90' B1	2 x 30' B2	80' B1 + B6 (6x10)
			Setting + 90' B1	core 60' B1 free	70' B1	

30/09	01/10	02/10	03/10	04/10	05/10	06/10
90' B1	3 x 2k (24/26/28) ※8+ sr+2~4	80' B1 + B6 (6x10)	30' B1 1 x 2000m B4	12km B6 (6x10)	30' B1 2 x 500m B5	(JPN - UZB)
core 60' B1 free	70' B1		70' B1	60' B1 free		(JPN - UZB)

07/10	08/10	09/10	10/10	11/10	12/10	13/10
(JPN - UZB)	12km B6 (6x10)	30' B1 1 x 500m B5				
setting	Walking	free				

14/10	15/10	16/10	17/10	18/10	19/10	20/10
	(UZB - JPN)	(UZB - JPN)				
	(UZB - JPN)					