

training menu (Asian Rowing Championships)

10/06	10/07	10/08	10/09	10/10	10/11	10/12
				◎	◎■ 7:30~16:00?	◎■ 7:30~16:00?
		70-90' B1 free	90' B1 free		45' B1	90' B1 + B6
					B3 2x2000m (◎26 ◎28-30)	
国スポ Semi-Final	国スポ Final			Setting + 90' B1	70' B1	JPN-VIE

10/13	10/14	10/15	10/16	10/17	10/18	10/19
Setting + 70' B1	12km B6	B5 1x500m	30-45' B1	30-45' B1	12-15km B6	Final
15km (3 x 2k B2)	8-12km B1	8km B1	Heat	Semi-Final	free	

10/20	10/21	10/22	10/23	10/24	10/25	10/26
VIE-JPN						