

WUG (2025) training menu

06/30	07/01	07/02	07/03	07/04	07/05	07/06
移動	B2 2 x 30'	B1 100'	B3 2 x 3k (26/28/30)	5 x (4'/4') SR:32-34	B1 90'	B1 100'
60-90' B1	Core	B1 60'~75'		B1 60'~75'	Core	

07/07	07/08	07/09	07/10	07/11	07/12	07/13
5 x (4'/4') SR:32-34	2 x 6(1'/3') SR:36-38	B1 100'	B1 90'	5 x (4'/4') SR:32-34	2 x 6(1'/3') SR:36-38	B1 90'
B1 60'~75'	Core		B1 60'~75'	B1 60'~75'		B1 free

07/14	07/15	07/16	07/17	07/18	07/19	07/20
				WUG出発		
B1 90'	2 x 6(1'/3') SR:36-38	B1 75'	B4 2 x 2k (26/30/34)	移動	B1 free	B1 8km~12km
B1 75'		B1 60'	移動	移動	B1 free	B1 8km~12km

07/21	07/22	07/23	07/24	07/25	07/26	07/27
B1 12km	B5 12km (1x1000m)	B6 12km	B5 8km (1x500m)	race	race	race
B6 8km~12km		B1 8km	B6 8km			