

# TRASOL2021年10月日程表

| 月    | 火              | 水                | 木                | 金                | 土               | 日                     |
|------|----------------|------------------|------------------|------------------|-----------------|-----------------------|
|      |                |                  |                  | 1                | 2               | 3                     |
| swim | swim           | swim             | swim             | swim 18:00~19:45 | swim 6:00~7:45  | 角島トライアスロン             |
| bike | bike           | bike             | bike             | bike             | bike 9:00~11:00 |                       |
| run  | run            | run              | run              | run              | run 11:00~12:00 |                       |
| 4    | 5              | 6                | 7                | 8                | 9               | 10                    |
| swim | swim 6:00~8:00 | swim 6:00~8:00   | swim 18:00~19:45 | swim 18:00~19:45 | swim 6:00~7:45  | デュアスロン&<br>海スイム       |
| bike | bike           | bike 17:30~18:45 | bike             | bike             | bike 9:00~11:00 |                       |
| run  | run            | run 19:00~20:15  | run              | run              | run 11:00~12:00 |                       |
| 11   | 12             | 13               | 14               | 15               | 16              | 17                    |
| swim | swim 6:00~8:00 | swim 6:00~8:00   | swim 18:00~19:45 | swim 18:00~19:45 | swim 6:00~7:45  | デュアスロン&<br>海スイム       |
| bike | bike           | bike 17:30~18:45 | bike             | bike             | bike 9:00~11:00 |                       |
| run  | run            | run 19:00~20:15  | run              | run              | run 11:00~12:00 |                       |
| 18   | 19             | 20               | 21               | 22               | 23              | 24                    |
| swim | swim 6:00~8:00 | swim 6:00~8:00   | swim 18:00~19:45 | U19選手権           | U19選手権          | デュアスロン&<br>ジュニアグルメライド |
| bike | bike           | bike 17:30~18:45 | bike             |                  |                 |                       |
| run  | run            | run 19:00~20:15  | run              |                  |                 |                       |
| 25   | 26             | 27               | 28               | 29               | 30              | 31                    |
| swim | swim 6:00~8:00 | swim 6:00~8:00   | swim 18:00~19:45 | swim 18:00~19:45 | swim 6:00~7:45  | デュアスロン                |
| bike | bike           | bike 17:30~18:45 | bike             | bike             | bike 9:00~11:00 |                       |
| run  | run            | run 19:00~20:15  | run              | run              | run 11:00~12:00 |                       |

\*変更の場合はご連絡いたします。

\*3日は角島トライアスロン出場のためお休みします。

\*22.23日はU19選手権(太賀・一紡)出場のためお休みします。

\*24日ジュニアは若松~宗像方面へグルメライドに行きたいと思います。

**週末のレースに各自合わせてトレーニングしていきましょう！！**