

TRASOL2023年10月日程表

月	火	水	木	金	土	日
						1
swim	swim	swim	swim	swim	swim	duathlon 8:00-10:30
bike	bike	bike	bike	bike	bike	海スイム 11:00-12:00
run	run	run	run	run	run	
2	3	4	5	6	7	8
swim	swim 6:00~8:00	swim 6:00~8:00	swim 18:00~19:45	swim 18:00~19:45	swim 6:00~8:00	duathlon 8:00-10:30
bike	swim 18:00~19:45(Jr)	bike	bike	bike	bike 8:30~10:30	海スイム 11:00-12:00
run	run	run 18:40~20:00	run	run	run 10:45~12:00	
9	10	11	12	13	14	15
swim	swim 6:00~8:00	swim 6:00~8:00	swim 18:00~19:45	swim 18:00~19:45	swim 6:00~8:00	swim 7:00~9:30
bike	swim	bike	bike	bike	bike 8:30~10:30	bike
run	run	run 18:40~20:00	run	run	run 10:45~12:00	run 10:30~12:00
16	17	18	19	20	21	22
swim	swim 6:00~8:00	swim 6:00~8:00	swim 18:00~19:45	swim 18:00~19:45	swim 6:00~8:00	swim 7:00~9:30
bike	swim	bike	bike	bike	bike 8:30~10:30	bike
run	run	run 18:40~20:00	run	run	run 10:45~12:00	run 10:30~12:00
23	24	25	26	27	28	29
swim	swim 6:00~8:00	swim 6:00~8:00	swim 18:00~19:45	swim 18:00~19:45	swim 6:00~8:00	swim 7:00~9:30
bike	swim 18:00~19:45(Jr)	bike	bike	bike	bike 8:30~10:30	bike
run	run	run	run	run	run 10:45~12:00	run 10:30~12:00
30	31	※変更の場合はご連絡いたします。 ※10日のジュニアスイムは桃園プール休館のためお休みします。 ※日曜日のSWIMはビートスイミングで泳ぎます。				
swim	お休み					
bike						
run						

海人・唯花・真彩・梨花・文佳、国体応援よろしくお祈いします！
オフシーズンに入ります。目標設定を行って進みましょう！