

# TRASOL2023年11月日程表

| 月    | 火                    | 水               | 木                | 金                | 土              | 日               |
|------|----------------------|-----------------|------------------|------------------|----------------|-----------------|
|      |                      | 1               | 2                | 3                | 4              | 5               |
| swim | swim                 | swim 6:00~8:00  | swim 18:00~19:45 | swim 7:00~9:00   | swim 6:00~8:00 | お休み<br>バイク講習会   |
| bike | bike                 | bike            | bike             | bike             | bike           |                 |
| run  | run                  | run 18:40~20:00 | run              | run 9:30~10:30   | run 8:50~11:00 |                 |
| 6    | 7                    | 8               | 9                | 10               | 11             | 12              |
| 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 7:00~9:10  |
| bike | swim 18:00~19:45(Jr) | bike            | bike             | bike             | bike           | bike 9:40~11:40 |
| run  | run                  | run 18:40~20:00 | run              | run              | run 8:50~11:00 | run 11:40~12:40 |
| 13   | 14                   | 15              | 16               | 17               | 18             | 19              |
| 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 7:00~9:10  |
| bike | swim 18:00~19:45(Jr) | bike            | bike             | bike             | bike           | bike 9:40~11:40 |
| run  | run                  | run 18:40~20:00 | run              | run              | run 8:50~11:00 | run 11:40~12:40 |
| 20   | 21                   | 22              | 23               | 24               | 25             | 26              |
| 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 7:00~9:10  |
| bike | swim 18:00~19:45(Jr) | bike            | bike             | bike             | bike           | bike 9:40~11:40 |
| run  | run                  | run 18:40~20:00 | run              | run              | run 8:50~11:00 | run 11:40~12:40 |
| 27   | 28                   | 29              | 30               |                  |                |                 |
| swim | swim 6:00~8:00       |                 |                  |                  |                |                 |
| bike | swim 18:00~19:45(Jr) |                 |                  |                  |                |                 |
| run  | run                  |                 |                  |                  |                |                 |

※変更の場合はご連絡いたします。

※3日は朝スイム&ラン(ジョグ)をします。

※日曜日のSWIMはビートスイミングで泳ぎます。

※水曜日は九州共立大学で泳ぎます。

**オフシーズンに入ります。目標を持って進みましょう！**