

TRASOL2023年12月日程表

月	火	水	木	金	土	日
				1	2	3
swim	swim	swim	swim	swim 18:00~19:45	swim 6:00~8:00	swim 7:00~9:10
bike	bike	bike	bike	bike	bike	bike 9:40~11:40
run	run	run	run	run	run 8:50~11:00	run 11:40~12:40
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 6:00~8:00	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
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 6:00~8:00	JTU認定記録会
bike	swim 18:00~19:45(Jr)	bike	bike	bike	bike	忘年会
run	run	run 18:40~20:00	run	run	run 8:50~11:00	
18	19	20	21	22	23	24
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 17:30~19:00	run	run	run 8:50~11:00	run 11:40~12:40
25	26	27	28	29	30	31
swim	swim 6:00~8:00	swim 6:00~8:00	swim 18:00~19:45	swim 7:00~9:00	swim 7:00~9:00	
bike	swim 18:00~19:45(Jr)	bike	bike	bike		
run	run	run 17:30~19:00	run	run		

※変更の場合はご連絡いたします。

※29日は恒例の4個メTです！

※30日は恒例の108本です！今年は50mでいきます。

※17日忘年会は18時30分スタートします。

2023年ラストスパートしていきましょう！北九州記録、認定記録会ファイト！！