

TRASOL2024年1月日程表

| 月 | 火 | 水 | 木 | 金 | 土 | 日 |
|----|----------------------|---------------------|---------------------|--------------------|-----------------|-----------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | お休み | swim 7:00~8:30(ビート) | swim 7:00~8:30(ビート) | お休み | swim 6:00~8:00 | swim 7:00~9:10 |
| | | bike | bike | | bike 9:40~11:40 | |
| | | run 9:00~10:30 | run | | run 11:40~12:40 | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | swim 6:00~7:45 | swim 6:10~8:00 | swim 19:00 - 20:30 | お休み | swim 6:00~8:00 | お休み |
| | swim | bike | bike | | bike 8:30~10:30 | オリンピック講習会 |
| | run | run 17:30~19:00 | run | | run 10:40~11:40 | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | swim 6:00~7:45 | swim 6:10~8:00 | swim 18:00 - 19:45 | swim 18:00 - 19:45 | swim 6:00~8:00 | swim 7:00~9:10 |
| | swim | bike | bike | bike | bike | bike 9:40~11:40 |
| | run | run 17:30~19:00 | run | run | run 9:00~11:00 | run 11:40~12:40 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | swim 6:00~7:45 | swim 6:10~8:00 | swim 18:00 - 19:45 | swim 18:00 - 19:45 | swim 6:00~8:00 | お休み |
| | swim 17:30~19:45(Jr) | bike | bike | bike | bike 8:30~10:30 | 行橋シーサイドマラソン |
| | run | run 17:30~19:00 | run | run | run 10:40~11:10 | |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| | swim | swim 6:10~8:00 | | | | お休み |
| | swim 17:30~19:45(Jr) | bike | | | | 京都認定記録会 |
| | run | run | | | | |

* 変更の場合はご連絡いたします。

* 4日~17日まで桃園プールがお休みとなります。変更スケジュールをご確認下さい。

* 11日(木)はビート八幡南で行います。

明けましておめでとうございます。

2024年もまずは健康第一で運動に取り組んでいきましょう！！