

# TRASOL2024年3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 7:00~9:20
bike	bike	bike	bike	bike	bike 8:30~10:30	bike 10:00~12:00
run	run	run	run	run	run 10:45~11:45	run 12:15~13:15
4	5	6	7	8	9	10
swim	swim 6:00~8:00	swim 6:00~8:00(共立)	swim 18:00~19:45	swim 18:00~19:45	swim 6:00~8:00	swim 7:00~9:20
bike	swim 18:00~19:45(Jr)	bike	bike	bike	bike 8:30~10:30	bike 10:00~12:00
run	run	run 17:30~19:00	run	run	run 10:45~11:45	run 12:15~13:15
11	12	13	14	15	16	17
swim	swim 6:00~8:00	swim 6:00~8:00(共立)	swim 18:00~19:45	swim 18:00~19:45	swim 6:00~8:00	swim 7:00~9:20
bike	swim 18:00~19:45(Jr)	bike	bike	bike	bike 8:30~10:30	bike 10:00~12:00
run	run	run 17:30~19:00	run	run	run 10:45~11:45	run 12:15~13:15
18	19	20	21	22	23	24
swim	swim 6:00~8:00	swim 7:00~9:00(ピート)	swim 18:00~19:45	swim 18:00~19:45	swim 6:00~8:00	swim 7:00~9:20
bike	swim 18:00~19:45(Jr)	bike 9:45~11:45	bike	bike	bike	bike
run	run	run 12:00~13:00	run	run	run	run
25	26	27	28	29	30	31
swim	swim 6:00~8:00	swim 6:00~8:00(共立)	swim 18:00~19:45	swim 18:00~19:45	swim 6:00~8:00	swim 7:00~9:20
bike	swim 18:00~19:45(Jr)	bike	bike	bike	bike 8:30~10:30	bike 10:00~12:00
run	run	run 17:30~19:00	run	run	run 10:45~11:45	run 12:15~13:15

※変更の場合はご連絡いたします。

※20日は3種目行う予定です。

※23日、24日は九州沖縄リージョン合宿開催のためスイムのみ行います。(合宿は22日~26日)

※月末はレッスン行います。(29日はフリースイム)

**2024年レースシーズンが近づいてきました。  
3月は持久力アップをテーマにおこなっていきます。**