

2020年度

山形東高校 陸上競技部 年間計画・実績表

記入の仕方:「時間」には活動時間(h)の数字を記入すること 「休養日」には設定した期日に「1」を入力すること
「特記事項」には学校行事や校内以外の部活動場所、大会等を記載すること。

顧問氏名 矢口・遠藤・油井

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for April.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for May.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for June.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for July.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for August.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for September.

Summary table for April showing planned and actual rest days and average activity times.

Summary table for May showing planned and actual rest days and average activity times.

Summary table for June showing planned and actual rest days and average activity times.

Summary table for July showing planned and actual rest days and average activity times.

Summary table for August showing planned and actual rest days and average activity times.

Summary table for September showing planned and actual rest days and average activity times.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for October.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for November.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for December.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for January.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for February.

Table with columns for month, day, planned activity time, rest days, actual activity time, and special notes for March.

Summary table for October showing planned and actual rest days and average activity times.

Summary table for November showing planned and actual rest days and average activity times.

Summary table for December showing planned and actual rest days and average activity times.

Summary table for January showing planned and actual rest days and average activity times.

Summary table for February showing planned and actual rest days and average activity times.

Summary table for March showing planned and actual rest days and average activity times.

Vertical summary box for rest days: 84 planned, 0 actual.

Vertical summary box for rest days: 73 planned, 0 actual.

Vertical summary box for rest days: 157 planned, 0 actual.