

2012/10/8(日) 女子8:45~

体操

呼吸のトレーニング60秒

腹筋10秒×10/1,2背筋50/肩の柔軟

桜宮高校プール

女子

| | 本数 | セット | サークル | HR/10" | 内容 | 合計距離 | 合計時間 | |
|-----|--------------------------------------|-----|------|-----------|----------|------|---------|---------|
| Wup | 400 × 1 | | | 07:00 24 | | 400 | 0:07:00 | |
| | * ゆったり泳ぐ | | | | | | | |
| | 100m/ Fr *ストレートアーム | | | | | | | |
| | 100m/ notFr | | | | | | | |
| | 200m/ IMR | | | | | | | |
| S | 25 × 16 | | | 00:40 24 | IM | 400 | 0:10:40 | |
| | odd/ 15mまでAllOut | | | | | | | |
| | even/ Bup *ラスト10mAllOut | | | | | | | |
| E | 50 × 1 | | | 05:00 20 | | 50 | 0:05:00 | |
| K | 200 × 3 | | | +0:10 24 | Fin+Buoy | 600 | 0:11:00 | |
| | 1t/ 背面K(ドルフィン-ハ'タ足/100m) | | | | | | | |
| | 2t/ PadSTLK | | | | | | | |
| | 3t/ noboardSTLK | | | | | | | |
| | * 足の甲のみを使う | | | | | | | |
| KS | 50 × 4 × 4 | | | 00:45 28 | Cho | 800 | 0:12:00 | |
| | S.R. 01:00 0:04:00 | | | | | | | |
| | * STLK-S/25m | | | | | | | |
| E | 50 × 1 | | | 04:00 20 | | 50 | 0:04:00 | |
| S | 25 × 12 | | | 00:40 24 | S1 | 300 | 0:08:00 | |
| | 1t/ Drill | | | | | | | |
| | 2t/ Form ~ Bup | | | | | | | |
| | 3t/ Hard/25m | | | | | | | |
| S | 100 × 16 | | | 02:30 30 | S1 | 1600 | 0:40:00 | |
| | * DATA | | | | | | | |
| E | 100 × 1 | | | 05:00 20 | | 100 | 0:05:00 | |
| P | 100 × 3 | | | +0:10 24 | | 300 | 0:06:00 | |
| | 1t/ scull(3t)+かききり-DogP/50m | | | | | | | |
| | 2t/ 右手ひきずり-左手ひきずり/50m | | | | | | | |
| | 3t/ 足首buoy+両手ひきずりFr *腹圧を締めて泳ぐ | | | | | | | |
| P | 100 × 3 | | | 01:25 | Fr | 900 | 0:12:45 | |
| | 100 × 2 | | | 01:20 | Fr | 600 | 0:08:00 | |
| | 100 × 1 | | | 01:15 ~29 | Fr | 300 | 0:03:45 | |
| | × 3 | | | | | | | |
| | S.R. なし | | | | | | | |
| | * サークルイン(サークルに入ればOK) | | | | | | | |
| E | 50 × 1 | | | 04:00 20 | | 50 | 0:04:00 | |
| S | 50 × 2 × 4 | | | | | 400 | | |
| | odd/ Easy 01:30 24 0:06:00 | | | | | | | |
| | even/ Hard 01:00 30 S1 or Fr 0:04:00 | | | | | | | |
| Dw | 100 × 1 | | | 02:30 23 | ダラダラ | 100 | 0:02:30 | |
| | 25 × 4 00:45 22 Drill 100 0:03:00 | | | | | | | |
| | 200 × 1 04:30 23 Form 200 0:04:30 | | | | | | | |
| | Total | | | | | | 7250 | 2:41:10 |

2012/10/8(日) 男子13:15~

体操

呼吸のトレーニング60秒

腹筋10秒×10/1,2背筋50/肩の柔軟

桜宮高校プール

男子

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|-----|--------------------------------------|-----|------|-----------|----------|------|---------|---------|
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| | 100m/ Fr *ストレートアーム | | | | | | | |
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| S | 25 × 16 | | | 00:40 24 | IM | 400 | 0:10:40 | |
| | odd/ 15mまでAllOut | | | | | | | |
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| K | 200 × 3 | | | +0:10 24 | Fin+Buoy | 600 | 0:11:00 | |
| | 1t/ 背面K(ドルフィン-ハ'タ足/100m) | | | | | | | |
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| KS | 50 × 4 × 4 | | | 00:45 28 | Cho | 800 | 0:12:00 | |
| | S.R. 01:00 0:04:00 | | | | | | | |
| | * STLK-S/25m | | | | | | | |
| E | 50 × 1 | | | 04:00 20 | | 50 | 0:04:00 | |
| S | 25 × 12 | | | 00:40 24 | S1 | 300 | 0:08:00 | |
| | 1t/ Drill | | | | | | | |
| | 2t/ Form ~ Bup | | | | | | | |
| | 3t/ Hard/25m | | | | | | | |
| S | 100 × 16 | | | 02:30 30 | S1 | 1600 | 0:40:00 | |
| | * DATA | | | | | | | |
| E | 100 × 1 | | | 05:00 20 | | 100 | 0:05:00 | |
| P | 100 × 3 | | | +0:10 24 | | 300 | 0:06:00 | |
| | 1t/ scull(3t)+かききり-DogP/50m | | | | | | | |
| | 2t/ 右手ひきずり-左手ひきずり/50m | | | | | | | |
| | 3t/ 足首buoy+両手ひきずりFr *腹圧を締めて泳ぐ | | | | | | | |
| P | 100 × 3 | | | 01:20 | Fr | 900 | 0:12:00 | |
| | 100 × 2 | | | 01:15 | Fr | 600 | 0:07:30 | |
| | 100 × 1 | | | 01:10 ~29 | Fr | 300 | 0:03:30 | |
| | × 3 | | | | | | | |
| | S.R. なし | | | | | | | |
| | * サークルイン(サークルに入ればOK) | | | | | | | |
| E | 50 × 1 | | | 04:00 20 | | 50 | 0:04:00 | |
| S | 50 × 2 × 4 | | | | | 400 | | |
| | odd/ Easy 01:30 24 0:06:00 | | | | | | | |
| | even/ Hard 01:00 30 S1 or Fr 0:04:00 | | | | | | | |
| Dw | 100 × 1 | | | 02:30 23 | ダラダラ | 100 | 0:02:30 | |
| | 25 × 4 00:45 22 Drill 100 0:03:00 | | | | | | | |
| | 200 × 1 04:30 23 Form 200 0:04:30 | | | | | | | |
| | Total | | | | | | 7250 | 2:39:40 |