

| 2016/3/20 9:00 AM 桜宮高校プール | | | | | 中央 96 | 近畿 124 | インハイ 150 | 2016/3/20 9:00 AM 桜宮高校プール | | | | | 中央 96 | 近畿 124 | インハイ 150 | 2016/3/20 9:00 AM 桜宮高校プール | | | | | 中央 96 | 近畿 124 | インハイ 150 | | | | | | | | | |
|------------------------------|-----|---|---|-------|---------------------------|-------------|-------------|------------------------------|------|------|------------------|-------|---------------------------|-----------|-------------|------------------------------|---------|------|-------|-------|---------------------------|------------------|-------------|-------------|-----|---------|----|-----|------|----|------|------|
| A:100Fr 56.0以内 | | | | | 本数 | セット | サークル | 内容 | 合計距離 | 合計時間 | B:100Fr 1:02.0以内 | | | | | 本数 | セット | サークル | 内容 | 合計距離 | 合計時間 | C:100Fr 1:02.1以上 | | | | | 本数 | セット | サークル | 内容 | 合計距離 | 合計時間 |
| W-UP | 400 | × | 1 | 07:00 | choice | choice | 400 | 0:07:00 | W-UP | 400 | × | 1 | 07:00 | choice | choice | 400 | 0:07:00 | W-UP | 400 | × | 1 | 07:00 | choice | choice | 400 | 0:07:00 | | | | | | |
| | | | | | choice・IM | IMR・Fr/100m | | | | | | | | choice・IM | IMR・Fr/100m | | | | | | | | choice・IM | IMR・Fr/100m | | | | | | | | |
| K(Fin) | 100 | × | 4 | 01:40 | 上向きSK・下向SK/50m | 400 | 0:06:40 | K(Fin) | 100 | × | 4 | 01:40 | 上向きSK・下向SK/50m | 400 | 0:06:40 | K(Fin) | 100 | × | 4 | 01:40 | 上向きSK・下向SK/50m | 400 | 0:06:40 | | | | | | | | | |
| | 100 | × | 3 | 01:40 | ヘッドアップK(Fly)・SK(Fly) | 300 | 0:05:00 | | 100 | × | 3 | 01:40 | ヘッドアップK(Fly)・SK(Fly) | 300 | 0:05:00 | | 100 | × | 3 | 01:40 | ヘッドアップK(Fly)・SK(Fly) | 300 | 0:05:00 | | | | | | | | | |
| | 100 | × | 2 | 01:40 | SK(ノープレcho.)・SK(cho.)/25m | 200 | 0:03:20 | | 100 | × | 2 | 01:40 | SK(ノープレcho.)・SK(cho.)/25m | 200 | 0:03:20 | | 100 | × | 2 | 01:40 | SK(ノープレcho.)・SK(cho.)/25m | 200 | 0:03:20 | | | | | | | | | |
| | | | | 01:00 | rest | | 0:01:00 | | | | | 01:00 | rest | | 0:01:00 | | | | | 01:00 | rest | | 0:01:00 | | | | | | | | | |
| K | 25 | × | 1 | 00:40 | uwK | 100 | 0:02:40 | K | 25 | × | 1 | 00:40 | uwK | 100 | 0:02:40 | K | 25 | × | 1 | 00:40 | uwK | 100 | 0:02:40 | | | | | | | | | |
| | 75 | × | 1 | 02:20 | SK H(cho.) | 300 | 0:09:20 | | 75 | × | 1 | 02:20 | SK H(cho.) | 300 | 0:09:20 | | 75 | × | 1 | 02:20 | SK H(cho.) | 300 | 0:09:20 | | | | | | | | | |
| | | | | | × 4 | | | | | | | | × 4 | | | | | | | | × 4 | | | | | | | | | | | |
| P(Fr) | 200 | × | 3 | 02:20 | 携帯番号 最初のブロックでhypo | 1200 | 14:00 | P(Fr) | 200 | × | 3 | 02:25 | 携帯番号 最初のブロックでhypo | 1200 | 14:30 | P(Fr) | 200 | × | 3 | 02:25 | 携帯番号 最初のブロックでhypo | 1200 | 14:30 | | | | | | | | | |
| pad+ フイ | | | | 00:30 | rest | | 0:00:30 | pad+ フイ | | | | 00:20 | rest | | 0:00:20 | pad+ フイ | | | | 00:20 | rest | | 0:00:20 | | | | | | | | | |
| | 200 | × | 4 | 02:15 | 携帯番号 真ん中のブロックでhypo | 1600 | 18:00 | | 200 | × | 4 | 02:20 | 携帯番号 真ん中のブロックでhypo | 1600 | 18:40 | | 200 | × | 4 | 02:20 | 携帯番号 真ん中のブロックでhypo | 1600 | 18:40 | | | | | | | | | |
| | | | | 00:30 | rest | | 0:00:30 | | | | | 00:20 | rest | | 0:00:20 | | | | | 00:20 | rest | | 0:00:20 | | | | | | | | | |
| | 200 | × | 4 | 02:15 | 携帯番号 最後のブロックでhypo | 1600 | 18:00 | | 200 | × | 4 | 02:20 | 携帯番号 最後のブロックでhypo | 1600 | 18:40 | | 200 | × | 4 | 02:20 | 携帯番号 最後のブロックでhypo | 1600 | 18:40 | | | | | | | | | |
| | | | | | × 2 | | | | | | | × 2 | | | | | | | × 2 | | | | | | | | | | | | | |
| | | | | 01:00 | S.R. | | 0:01:00 | | | | | 00:30 | S.R. | | 0:00:30 | | | | | 00:20 | S.R. | | 0:00:20 | | | | | | | | | |
| S | 100 | × | 3 | 01:10 | 携帯番号 最初のブロックでhypo | 600 | 07:00 | S | 100 | × | 3 | 01:15 | 携帯番号 最初のブロックでhypo | 600 | 07:30 | S | 100 | × | 3 | 01:20 | 携帯番号 最初のブロックでhypo | 600 | 08:00 | | | | | | | | | |
| (Pad+Fin) | | | | 00:30 | rest | | 0:00:30 | (Pad+Fin) | | | | 00:20 | rest | | 0:00:20 | (Pad+Fin) | | | | 00:20 | rest | | 0:00:20 | | | | | | | | | |
| | 100 | × | 4 | 01:10 | 携帯番号 真ん中のブロックでhypo | 800 | 09:20 | | 100 | × | 4 | 01:15 | 携帯番号 真ん中のブロックでhypo | 800 | 10:00 | | 100 | × | 4 | 01:20 | 携帯番号 真ん中のブロックでhypo | 800 | 10:40 | | | | | | | | | |
| | | | | 00:30 | rest | | 0:00:30 | | | | | 00:20 | rest | | 0:00:20 | | | | | 00:20 | rest | | 0:00:20 | | | | | | | | | |
| | 100 | × | 4 | 01:10 | 携帯番号 最後のブロックでhypo | 800 | 09:20 | | 100 | × | 4 | 01:15 | 携帯番号 最後のブロックでhypo | 800 | 10:00 | | 100 | × | 4 | 01:20 | 携帯番号 最後のブロックでhypo | 800 | 10:40 | | | | | | | | | |
| | | | | | × 2 | | | | | | | × 2 | | | | | | | × 2 | | | | | | | | | | | | | |
| | | | | 01:00 | S.R. | | 0:01:00 | | | | | 00:30 | S.R. | | 0:00:30 | | | | | 00:20 | S.R. | | 0:00:20 | | | | | | | | | |
| S | 100 | × | 3 | 01:15 | even | 600 | 07:30 | S | 100 | × | 3 | 01:20 | even | 600 | 08:00 | S | 100 | × | 2 | 01:20 | even | 400 | 05:20 | | | | | | | | | |
| | | | | 00:30 | rest | | 0:00:30 | | | | | 00:30 | rest | | 0:00:30 | | | | | 00:30 | rest | | 0:00:30 | | | | | | | | | |
| | 100 | × | 2 | 01:10 | 1sのラストからDES | 400 | 04:40 | | 100 | × | 2 | 01:15 | 1sのラストからDES | 400 | 05:00 | | 100 | × | 2 | 01:20 | 1sのラストからDES | 400 | 05:20 | | | | | | | | | |
| | | | | 00:30 | rest | | 0:00:30 | | | | | 00:30 | rest | | 0:00:30 | | | | | 00:30 | rest | | 0:00:30 | | | | | | | | | |
| | 100 | × | 2 | 01:05 | H | 400 | 04:20 | | 100 | × | 1 | 01:10 | H | 200 | 02:20 | | 100 | × | 1 | 01:15 | H | 200 | 02:30 | | | | | | | | | |
| | | | | | × 2 | | | | | | | × 2 | | | | | | | × 2 | | | | | | | | | | | | | |
| | | | | 01:00 | S.R. | | 0:01:00 | | | | | 00:30 | S.R. | | 0:00:30 | | | | | 00:30 | S.R. | | 0:00:30 | | | | | | | | | |
| S | 100 | × | 2 | 01:15 | even | 200 | 02:30 | S | 100 | × | 2 | 01:20 | even | 200 | 02:40 | S | 100 | × | 2 | 01:25 | even | 200 | 02:50 | | | | | | | | | |
| | | | | 00:30 | rest | | 0:00:00 | | | | | 00:30 | rest | | 0:00:00 | | | | | 00:30 | rest | | 0:00:00 | | | | | | | | | |
| | 100 | × | 2 | 01:10 | 1sのラストからDES | 200 | 02:20 | | 100 | × | 2 | 01:15 | 1sのラストからDES | 200 | 02:30 | | 100 | × | 2 | 01:20 | 1sのラストからDES | 200 | 02:40 | | | | | | | | | |
| | | | | 00:30 | rest | | 0:00:00 | | | | | 00:30 | rest | | 0:00:00 | | | | | 00:30 | rest | | 0:00:00 | | | | | | | | | |
| | 100 | × | 1 | 01:05 | H | 100 | 01:05 | | 100 | × | 1 | 01:10 | H | 100 | 01:10 | | 100 | × | 1 | 01:15 | H | 100 | 01:15 | | | | | | | | | |
| | | | | | × 1 | | | | | | | × 1 | | | | | | | × 1 | | | | | | | | | | | | | |
| DW | 200 | × | 1 | 04:00 | drill | 200 | 0:04:00 | DW | 200 | × | 1 | 04:00 | drill | 200 | 0:04:00 | DW | 200 | × | 1 | 04:00 | drill | 200 | 0:04:00 | | | | | | | | | |
| | 200 | × | 1 | 03:00 | ダラダラ | 200 | 0:03:00 | | 200 | × | 1 | 03:00 | ダラダラ | 200 | 0:03:00 | | 200 | × | 1 | 03:00 | ダラダラ | 200 | 0:03:00 | | | | | | | | | |
| | | | | | Total | 10600 | 2:26:05 | | | | | Total | 10400 | 2:26:50 | | | | | Total | 10200 | 2:26:35 | | | | | | | | | | | |

2016/3/20 2:00 PM

桜宮高校プール

中央

96

近畿

124

インハイ

150

Special

| | 本数 | セット | サークル | HR/10" | 内容 | 合計距離 | 合計時間 |
|-------|-----------------------------------|-----|--------|--------|-----|------|--------------|
| W-UP | 600 × 1 | | | 12:00 | | 600 | 0:12:00 |
| | choice-scuil-IM/100m | | | | | | |
| Drill | 200 × 5 | | | 03:00 | | 1000 | 0:15:00 |
| | Fin (+ Paddle) IM long stroke | | | | | | 0:00:50 |
| | 背中・腰を水面上に | | | | | | |
| | E-MH-E-M-H/1t | | | | | | |
| KP | 200 × 3 × 3 | | | | | | |
| | 1set:K board build up/50m | | 03:50 | K | | 1800 | 0:11:30 |
| | 2set:P ankle buoy Fr | | 03:00 | P | | | 0:09:00 |
| | 3set: P Fr 3t des | | 02:50 | P | | | 0:08:30 |
| | set rest | | 00:30 | | | | 0:01:00 |
| Drill | 50 × 8 | | | 01:00 | | 400 | 0:08:00 |
| | S1&choice long strtoke-form/1t | | | | | | |
| S | 100 × 3 × 5 | | | 05:00 | | 1500 | 0:25:00 |
| | 01:15 set rest 25" | | | | | | |
| | (Fly: 100+(Fly-Fr/50m) × 2 (1:20) | | | | | | |
| | rest | | 02:00 | | | | 0:02:00 |
| | 50 × 3 | × 8 | 02:30 | | | 1200 | 0:20:00 |
| | | | 00:35 | | | | set rest 45" |
| | | | (0:40) | | | | |
| E | 50 × 1 | | | 03:00 | | 50 | 0:03:00 |
| | 0:03:00 | | | | | | |
| Power | 1 壁Kick 10" | | 00:30 | | × 4 | 200 | |
| | 2 chicken wing 30回+easy swim | | | | | | |
| | 3 rest | | | | | | |
| | 4 dolphin 12.5m+3 stroke Fly+easy | | | | | | 0:10:00 |
| Dw | 200 × 1 | | | 05:00 | | 200 | 0:05:00 |
| | Total | | | | | 6950 | 2:13:50 |

2016/3/20 2:00 PM
桜宮高校プール

中央
96

近畿
124

インハイ
150

| Middle | 本数 | セット | サークル | 内容 | 合計距離 | 合計時間 | |
|--------|------------------------|-----|-------|--------------------|-----------------------|---------|---------|
| W-up | 300 × 1 | | 05:00 | Mix choice | 300 | 0:05:00 | |
| S | 100 × 3 × 4 | | | | 1200 | | |
| | 1s Sculling choice | | 02:00 | | | 0:06:00 | |
| | 2s 引きずりBup | | 01:30 | | | 0:04:30 | |
| | 3s uwk-s/12.5 | | 01:30 | | | 0:04:30 | |
| | 4s SwimDes | | 01:30 | | | 0:04:30 | |
| K | 50 × 4 × 4 | | 01:00 | | 800 | 0:16:00 | |
| | 1t No Board streamline | | | | | | |
| | 2t uwk Hyp 4回/50m | | | | | | |
| | 3t uwk-s/12.5 | | | | | | |
| | 4t uwk-s/25 Hard | | | | | | |
| P | 100 × 1 |] | 01:40 | R-L/50 | 300 | 0:05:00 | |
| | 50 × 3 | | 01:00 | Hup(H)-LS/25 | 450 | 0:09:00 | |
| | 25 × 8 | | 00:30 | od:E ev:H | 600 | 0:12:00 | |
| | | × 3 | | | | | |
| S | 50 × 4 × 2 | | | | | | |
| | 1s Drill-choice | | 01:00 | | | 0:04:00 | |
| | 2s Des | | 00:50 | | | 0:03:20 | |
| | | R | 00:30 | | | 0:00:30 | |
| | 50 × 4 |] | 00:45 | Fr サークルイン -5"/t | 800 | 0:10:00 | |
| | | | R | 00:20 | | | 0:01:20 |
| | 50 × 4 | | 1,2s | 00:35 | S1 Even +5"/t | 800 | 0:05:40 |
| | | | 3,4s | 00:40 | S1 Best over +5"/t | | 0:06:20 |
| | | × 4 | | | | | |
| | | SR | 02:00 | | | 0:06:00 | |
| S | 50 × 8 | | 01:00 | | 400 | 0:08:00 | |
| | 1-4t Drill-Form | | | | | | |
| | 5-8t Swim-LS | | | | | | |
| Dw | 400 × 1 | | 08:00 | | 400 | 0:08:00 | |
| | | | | Total | 6050 | 1:59:40 | |

2016/3/20 2:00 PM
桜宮高校プール

中央
96

近畿
124

インハイ
150

| Br A | 本数 | セット | サークル | 内容 | 合計距離 | 合計時間 | |
|--------|--|-----|-------|-----------|------|---------|--|
| w-up | 400 × 1 | | 08:00 | cho | 400 | 0:08:00 | |
| | 300 × 1 | | 05:20 | IM KPS/25 | 300 | 0:05:20 | |
| | 200 × 1 | | 03:20 | IM | 200 | 0:03:20 | |
| | 100 × 1 | | 01:20 | IM H | 100 | 0:01:20 | |
| | 25 × 8 | | 00:35 | Br | 200 | 0:04:40 | |
| | od streamline ev 1P1K = 12.5mover LS (1t=E) | | | | | | |
| P | 75 × 8 | | 01:30 | | 600 | 0:12:00 | |
| | od RLS(buoy + BrK) ev catctP-clossP-normalP/25(buoy + FlyK) | | | | | | |
| | 200 × 8 | | 03:10 | | 1600 | 0:25:20 | |
| | Paddle + Buoy(nokick) | | | | | | |
| loosen | 100 × 1 | | 04:00 | | 100 | 0:04:00 | |
| K | 50 × 8 | | 01:10 | | 400 | 0:09:20 | |
| | od upsideK(on board) - borad streamlineK/25 ev board hold between legsK-boardK/25 | | | | | | |
| | 100 × 8 | | 02:20 | | 800 | 0:18:40 | |
| | board H target time = swimbest +20" | | | | | | |
| loosen | 100 × 1 | | 04:00 | | 100 | 0:04:00 | |
| S | 25 × 12 | | 00:30 | | 300 | 0:06:00 | |
| | od Drill ev Form | | | | | | |
| S | 50 × 40 | | 00:45 | | 2000 | 0:30:00 | |
| | even target time = 各自で『公言』 | | | | | | |
| | | | | | 0 | 0:00:00 | |
| S | 25 × 8 | | 00:30 | | 200 | 0:04:00 | |
| | od k(no board) ev form or Drill | | | | | | |
| | 300 × 1 | | 07:00 | | 300 | 0:07:00 | |
| Total | | | | | 7600 | 2:23:00 | |

2016/3/20 2:00 PM
桜宮高校プール

中央
96

近畿
124

インハイ
150

| Distance | 本数 | セット | サークル | 内容 | 合計距離 | 合計時間 |
|----------|-----|-----|------|--------------------|-------------------|-------------------------|
| W-up | 300 | × | 1 | 05:00 Mix choice | 300 | 0:05:00 |
| S | 100 | × | 3 | × | 4 | 1200 |
| | | | | 1s Sculling choice | | 02:00 0:06:00 |
| | | | | 2s 引きずりBup | | 01:30 0:04:30 |
| | | | | 3s uwk-s/12.5 | | 01:30 0:04:30 |
| | | | | 4s SwimDes | | 01:30 0:04:30 |
| P | 400 | × | 1 | Hyp6 | 05:00 | 1s 05:10 2s 800 0:10:10 |
| | 300 | × | 1 | Hyp4-6/150 | 03:45 | 03:55 600 0:07:40 |
| | 200 | × | 1 | Hyp4 | 02:30 | 02:35 400 0:05:05 |
| | 100 | × | 1 | Hard | 01:10 | 01:15 200 0:02:25 |
| | | | × | 2 | | |
| | | | | 1s Paddle+Bouy | | 2s Bouy |
| | | | | SR | 01:00 | 0:00:00 |
| E | 100 | × | 1 | | 04:00 | 0:04:00 |
| KS | 50 | × | 5 | × | 3 | 750 |
| | | | | 1s K BoardDes | | 01:00 0:05:00 |
| | | | | 2s K-S/25 | | 00:55 0:04:35 |
| | | | | 3s Form-Des | | 00:50 0:04:10 |
| | | | | R | 01:00 | 0:01:00 |
| S | 100 | × | 8 | even | 1s 01:20 2s 01:30 | 1600 0:13:40 |
| | | | | R | 00:30 | 0:15:20 |
| | 50 | × | 4 | Hard | 00:45 | 00:50 400 |
| | | | × | 2 | | |
| | | | | SR | 02:30 | 0:02:30 |
| S | 50 | × | 8 | | 01:00 | 400 0:08:00 |
| | | | | 1-4t Drill-Form | | |
| | | | | 5-8t Swim-LS | | |
| Dw | 400 | × | 1 | | 08:00 | 400 0:08:00 |
| | | | | Total | | 7050 1:51:05 |

2016/3/20 2:00 PM
桜宮高校プール

中央
96

近畿
124

インハイ
150

| Br B | 本数 | セット | サークル | 内容 | 合計距離 | 合計時間 |
|--------|--|-----|-------|-----------|------|---------|
| w-up | 400 × 1 | | 08:00 | cho | 400 | 0:08:00 |
| | 300 × 1 | | 05:20 | IM KPS/25 | 300 | 0:05:20 |
| | 200 × 1 | | 03:20 | IM | 200 | 0:03:20 |
| | 100 × 1 | | 01:20 | IM H | 100 | 0:01:20 |
| | 25 × 8 | | 00:35 | Br | 200 | 0:04:40 |
| | od streamline ev 1P1K = 12.5mover LS (1t=E) | | | | | |
| P | 75 × 6 | | 01:30 | | 450 | 0:09:00 |
| | od RLS(buoy + BrK) ev catctP-clossP-normalP/25(buoy + FlyK) | | | | | |
| | 200 × 8 | | 03:30 | | 1600 | 0:28:00 |
| | Paddle + Buoy(nokick) | | | | | |
| loosen | 100 × 1 | | 04:00 | | 100 | 0:04:00 |
| K | 50 × 8 | | 01:10 | | 400 | 0:09:20 |
| | od upsideK(on board) - borad streamlineK/25 ev board hold between legsK-boardK/25 | | | | | |
| | 100 × 8 | | 02:20 | | 800 | 0:18:40 |
| | board H target time = swimbest +20" | | | | | |
| loosen | 100 × 1 | | 04:00 | | 100 | 0:04:00 |
| S | 25 × 12 | | 00:30 | | 300 | 0:06:00 |
| | od Drill ev Form | | | | | |
| S | 50 × 40 | | 00:50 | | 2000 | 0:33:20 |
| | even target time = 各自で『公言』 | | | | | |
| | 0 0:00:00 | | | | | |
| S | 25 × 8 | | 00:30 | | 200 | 0:04:00 |
| | od k(no board) ev form or Drill | | | | | |
| | 300 × 1 | | 07:00 | | 300 | 0:07:00 |
| Total | | | | | 7450 | 2:26:00 |

