

2018/3/21 9:00 AM
スィムピア

中央
93

近畿
124

インハイ
149

共通

| | 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 | | 400 | 0:08:00 |
| | | | | Fr(Sh)(50/catch Sc-DPS) | | |
| | 400 × 1 | | 10:00 | IM(50/Scull-DPS) | 400 | 0:10:00 |
| Kick (B) | 50 × 12 | | 01:00 | S1(Hard) | 600 | 0:12:00 |
| | | | | R-1' | | 0:01:00 |
| Kick (Fin) | 200 × 4 | | 03:00 | | 800 | 0:12:00 |
| | | | | U.W.Vassallo+FOB 50/8-10-12-14(B-up) | | |
| | 100 × 6 | | 01:30 | Fly(sh)(B-up) | 600 | 0:09:00 |
| | 100 × 4 | | 01:30 | Ba(B-up Des) | 400 | 0:06:00 |
| Loosen | 100 × 1 | | 04:00 | | 100 | 0:04:00 |
| Drill | 50 × 12 | | 01:10 | | 600 | 0:08:00 |
| | | | | Fr 2t/①STA②Fist③F-Nail④H-up⑤OH(S)⑥OH(F) | | |
| | 100 × 6 × 3 | | 01:15 | | 1800 | 0:22:30 |
| | | | | st1 (1'15'')(1'15'')(1'20'')(1'20'') Fr AT st2(1'20'')(1'20'')(1'25'')(1'25'') Fr AT st3(1'30'')(1'35'')(1'35'')(1'40'') S1 Hard StR-1' | | |
| Swim | 50 × 2 | | 01:00 | Ba EN1 | 100 | 0:02:00 |
| Swim | 50 × 4 | | 00:50 | IMO EN2 | 200 | 0:03:20 |
| Swim | 50 × 6 | | 00:40 | Fr AT | 300 | 0:04:00 |
| Swim | 50 × 4 | | 00:50 | IMO EN2 | 200 | 0:03:20 |
| Swim | 50 × 2 | | 01:00 | Ba EN1 | 100 | 0:02:00 |
| Down | 400 × 1 | | 08:00 | Choice | 400 | 0:08:00 |
| Total | | | | | 6600 | 1:47:10 |