

2018/3/21 2:30 PM
 スイムピア

中央
 93

近畿
 124

インハイ
 149

Middle,Distance

サークル

内容

合計距離 合計時間

| | | | | | |
|--------------|-------------|--|------------------|------|---------|
| W-up | 400 × 1 | 06:00 | | 400 | 0:06:00 |
| | | Fin5Stroke/Fr-Ba change stroke | | | |
| | 400 × 1 | 06:00 | | 400 | 0:06:00 |
| | | Fin,Pad5stroke/IMO change stroke | R-1' | | 0:01:00 |
| | 100 × 4 × 3 | 01:30 | | 1200 | 0:18:00 |
| | | 1t/IM switchSet Des | | | |
| Pull (P.B) | 100 × 16 | 01:30 | | 1600 | 0:24:00 |
| | | Hyp 7-9(3t Fast-1t Hard) | | | |
| Kick (Fin.B) | 50 × 12 | 00:50 | 3t Des-1t Hard | 600 | 0:10:00 |
| | 50 × 12 | 01:00 | 3t Des-1t Hard | 600 | 0:12:00 |
| Loosen | 50 × 1 | 03:00 | | 50 | 0:03:00 |
| Swim | 300 × 8 | 04:30 | | 2400 | 0:36:00 |
| | | 3t AT(EVEN Pace)-1t Hard | | | |
| Loosen | 50 × 1 | 03:00 | | 50 | 0:03:00 |
| Sprint | 100 × 4 | 02:30 | | 400 | 0:10:00 |
| | | From Dive20m Hard (Start)20m Easy25m Hard (Turn in Out)20m Easy15m Hard (Finish) | | | |
| Down | 500 × 1 | 10:00 | 400SKPS-100Scull | 500 | 0:10:00 |
| | | | | | |
| | | Total | | 7700 | 2:09:00 |

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|---|--|---------------------|------|--------------|
| w-up | 300 × 1 | 05:00 26 Ch | 300 | 0:05:00 |
| FinS | 100 × 2 | 01:35 26 | 400 | 0:06:20 |
| | 100 × 2 | 01:30 27 | 400 | 0:06:00 |
| | 100 × 2 | 01:30 27 7M UW | 400 | 0:06:00 |
| | × 2 set | | | |
| set1/IM set2/Fr Fr=1:25.1:20.1:20 | | | | |
| Pull | 100 × 3 | 01:40 26 Fr Pad 逆 | 300 | 0:05:00 |
| | 100 × 3 | 01:40 26 Fr Pad にぎる | 300 | 0:05:00 |
| | 100 × 2 | 01:35 26 50Ba 50Fr | 600 | 0:09:30 |
| | 50 × 3 | 00:50 26 Fly | 450 | 0:07:30 |
| | 150 × 1 | 03:00 30 Fr H | 450 | 0:09:00 |
| × 3 set | | | | |
| Loosen | 100 × 1 | 05:00 24 Ch | 100 | 0:05:00 |
| Drill | 25 × 4 | 00:40 24 SC | 100 | 0:02:40 |
| | 25 × 10 | 00:40 24 Ch | 250 | 0:06:40 |
| Swim | 50 × 4 | 00:55 28 Fr | 1000 | 0:18:20 |
| | 50 × 1 | 02:00 24 E | 250 | 0:10:00 |
| | × 5 set | | | |
| 3set= even 2set=even H Swolf=stroke数+time setごと減 | | | | |
| kick | 200 × 1 | 04:00 26 Ch | 200 | 0:04:00 |
| KS | 50 × 15 | 01:20 Max | 750 | 0:20:00 |
| | 2t/KickSP 50" 1t/S SP 1' 20" 1t/E 1' 30" | | | |
| D.W | 400 × 1 | 06:00 24 しっかり泳ぐこと | 400 | 0:06:00 |
| | | | | 6650 2:12:00 |

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|---|--|---------------------|------|--------------|
| w-up | 300 × 1 | 05:00 26 Ch | 300 | 0:05:00 |
| FinS | 100 × 2 | 01:35 26 | 400 | 0:06:20 |
| | 100 × 2 | 01:30 27 | 400 | 0:06:00 |
| | 100 × 2 | 01:30 27 7M UW | 400 | 0:06:00 |
| | × 2 set | | | |
| set1/IM set2/Fr Fr=1:25.1:20.1:20 | | | | |
| Pull | 100 × 3 | 01:40 26 Fr Pad 逆 | 300 | 0:05:00 |
| | 100 × 3 | 01:40 26 Fr Pad にぎる | 300 | 0:05:00 |
| | 100 × 2 | 01:35 26 50Ba 50Fr | 600 | 0:09:30 |
| | 50 × 3 | 00:50 26 Fly | 450 | 0:07:30 |
| | 150 × 1 | 03:00 30 Fr H | 450 | 0:09:00 |
| × 3 set | | | | |
| Loosen | 100 × 1 | 05:00 24 Ch | 100 | 0:05:00 |
| Drill | 25 × 4 | 00:40 24 SC | 100 | 0:02:40 |
| | 25 × 10 | 00:40 24 Ch | 250 | 0:06:40 |
| Swim | 50 × 4 | 00:55 28 Fr | 1000 | 0:18:20 |
| | 50 × 1 | 02:00 24 E | 250 | 0:10:00 |
| | × 5 set | | | |
| Swolf 3set= even 2set=even H Swolf=stroke数+time setごと減 | | | | |
| kick | 200 × 1 | 04:00 26 Ch | 200 | 0:04:00 |
| KS | 50 × 15 | 01:20 Max | 750 | 0:20:00 |
| | 2t/KickSP 50" 1t/S SP 1' 20" 1t/E 1' 30" | | | |
| D.W | 400 × 1 | 06:00 24 しっかり泳ぐこと | 400 | 0:06:00 |
| | | | | 6650 2:12:00 |