

1月14日 (月) AM · PM 高体連強化練習会 (ML)

W-up 800 x 1
(200 U/W Screw dolphin
200 U/W Screw FrK
200 PCB Ba
200 PCB IM

Dive (Fin) 50 x 12 (1'10")
(30m U/W dolphin (Hard)
20m 900 Swim Fr (drill)

Loosen 100

Kick (25 x 16 (30") Fly (Hard) Board
100 x 8 (1'30") Fin Ba (1/2 Deep)

Pullup (100 x 8 (1'30") Fr Knacke (Smooth)
50 x 24 (40") Fr Normal (1/2 Deep)

Loosen 200

Swim (200 x 10 (2'30") (2'45")
Fr (4本組 8本組 10本組 IM) (Even)
200 x 6 (2'20") (2'30")
Fr Pad (Deep to H)

Swim (400 x 2 (6') Fr (1/2 DPS-A10)
200 x 2 (4') IM (1/2 DPS-A10)

OW 600 FPS