

10月28日(日) (AM) · PM

身体運強心練習 (MD)

W-up 800 x 1 (13') SKPS

UW-K (Fin) 50 x 12 (1')

(25m UW Screen/dolphin 4 (Hard))  
(25m FOP (Smooth))

Kick (BB) 200 x 6 2x / (3'10')(3')(2'50') Fly (Def)  
CR-2'

Pull (B) 200 x 6 (2'40')

100 / Fr HYP3 - Fly (Hard)

Loosen 200

Drill (Finger pad) 23 x 16 (30') Full sc (Hard)

Swim 800 x 4 (10')(10'40') Fr  
(Neg Des to Hard)

Kick (BB) 50 x 6 (1') Hard

Swim up 50 x 4 (1') 25 / Hard-Easy

DW 600 KPS