

2018.10.28 Sun. PM 強化練習会

Just Do It!  
You Can Do It!



1. W-up	200x1	3:00	FR W.Streamline	) x 2set 1set Fin1付 2set Fin2付
	100x1	1:30	IM	
	100x1	1:40	Kick your choice	

2. V-sp 50x12 1:00 Race Start, Turn, Finish 15m

3. Pull	200x1	2:40	Lung buster	) x 3set (E-t)
	100x2	1:30	fast Hyp. 5/3 (E-t)	

Loosen 100x1 3:00

4. Swim	50x4	1:00	200 pace	) x 4set
	100x1	1:30	D.P.S	
	100x2	2:00	MAX HR	
	100x1	1:30	D.P.S	
	200x1	4:00	All out!!	
	100x1	3:00	Easy	

5. Kick Swim Kick Swim	50x1	:50	Sprint!	) x 4set
	25x1	:30	Sprint!	
	25x1	:40	Sprint U.W.D.K	
	50x1	2:00	Sprint for target time!	

(50m Best + 2")

6. Down	50x4	:40	Choice
	50x3	:50	Choice
	50x2	1:00	choice
	50x1	6:00	choice
		+2	

TO. 57400m + 2