

2018/10/28		桃山		大胆にやらなければ何もかわらない!目標を持って!				
PM		特殊		目標:				
	D	T	S	C	M	T.T	Time	Di
W-up	200	* 1		04:00	Mix choice(Pull,Kick,Drill,swim)	3:30	0:00	200
	50	* 4	* 4	01:00	1S=Fr-IMRO/t 2S=od:Bk-Fr/25m ev:Fly-Br/25r 3S=Kick-swim/12.5m IMO/t 4S=Form-B-up/25m IMO/t	16:00		800
	100	* 4		01:40	IM DES	6:40		400
easy	50	* 1		3:00		3:00	0:28	50
Kick G1	100	* 5	* 3	01:40	(-5'')/t	22:30	0:31	1500
	100	* 1		03:30	easy	3:30		
G2	100	* 5	* 3	01:50	(-5'')/t	25:00		
	25	* 1		01:00	easy(half turn)	1:00		
	25	* 8	* 2	00:40	1S=AES(アセンディング) on Fin(snorkel choice) 2S=od:E ev:H	11:20		400
easy	50	* 1		03:00		03:00	1:10	50
Pull	50	* 8		01:00	od:slow catch-High elbow/25m ev:finish-Long stroke/25m	08:00	1:13	400
	100	* 8		01:40	od:Fr ev:S1 DES(8t目Hard)	13:20		800
easy	50	* 1		03:00		3:00	1:35	50
swim	50	* 8		01:00	od:Form-B-up ev:DES	08:00	1:38	400
	50	* 1		01:30	easy Form	01:30		150
	25	* 8	* 5	00:30	ALL Hard 1-4S=od:SET Fr ev:SET S1 5S=(+30'') Max speede	08:00		1000
Down	300	* 1		05:00	Mix choice	1:56		300
						2:01		6500