

11月24日(土) AM・PM 高体連強化練習会 (ACC)

W-up (200 x 1 (320') choice swim
50 x 8 (110') 2x/IM0 Bicycl 2x/Scott-f
(Stride, Scoop, Snap, Dog)
200 x 4 (31') IM Slide (Fast)

Kick (ash) 100 x 8 2x/(130')(145')(140')(135')
50 / BR - Fr (2x / Dec)

SP (FIN) (50 x 4 (130') From Dive Fly
(35m UW with apnea turn (SP) - 15m Easy)
50 x 4 (11') Ba
(Turn in 10m & out 15m with apnea turn (SP))
25 x 4 (45') Fr
(3m line float ~ 7 turn x 20m SP)

Pull (pb) 100 x 8 (130') Ba (Fast DPS)
200 x 1 (240') (130') Fr (Fast)
200 x 1 (240') (150') IM (Hard)) x 4 st.

Loosen 100

Main Group D (MD) (100 x 1 (130') Hard (+T)
200 x 2 (230') (240') Hard (+T)) x 1 st
(100 x 1 (11') (105') A.O. (T+) Fr
100 x 1 (21') Rec

Group @ (JM) (50 (50') Fly (Hard) (+T)
100 (130') Ba (Hard) (+T)
100 (140') Br (Hard) (+T)) x .6 st
50 (30') Fr (A.O.) (+T)
50 (130') Rec

壁kick 20' A.O. - 10' Rest) x 8R Fr

DW - 600 KPS (連続泳)