2018/11/25	桜宮	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		600	＊1		08:00	200m choice-100m IM Kick-100m IM Pull 100m IMR-100m IM Hard	8:00	0:00	600
swim		50	＊8	＊2	01:00	on Fin(snorkel choice) 1S=od:scull ev:R3,L3,Dub3 2S=(-10″)H-up(Buoy)-B-up IMO/2t <rest 30″>	8:00	0:10	800
		25	＊8	＊2	00:40	on Fin 1S=od:Fob Hard ev:UW Fly Hard on Fin+Paddle 2S=od:H-up Hard ev:Normal sprint	11:20		400
easy		100	＊1						100
Pull	G1	150	＊4		02:00	Buoy(No Paddle) DES	8:00		600
		100	＊4		01:15	Buoy(No Paddle) smooth	5:00		400
		50	＊4		01:00	Buoy(No Paddle) od:smooth ev:Hard	04:00		200
	G2	150	＊4		02:05	Buoy(No Paddle) DES			
		100	＊4		01:20	Buoy(No Paddle) smooth			
		50	＊4		01:00	Buoy(No Paddle) od:smooth ev:Hard			
		100	＊1			easy			100
Kick		200	＊4		03:30	1,3t Fr 2t IM 4t S1 rest 30″	10:30		800
		100	＊2	＊4	01:40	smooth			800
		50	＊2		01:30	1t E 2t Hard			400
easy		50	＊1						50
swim		50	＊1		00:50	Hard od:SET Fr ev:SET S1	05:00		300
		100	＊1	＊6	01:30	Fr smooth	9:00		600
		25	＊1		00:40	Kick Hard			150
		50	＊1		02:30	Hard od:SET Fr ev:SET S1	15:00		300
Down		400	＊1			200m Kick Drill choice-200m choice			400
									7000