

2018.11.4 (日) AM 強化練習会 (ポリリズムのあるX=2-を776
 こととして、心と体を鍛える!!)

1. W-up 100x1 1:30 FR W.streamline
 100x1 1:30 Kick your choice) x 2set 1set Fin1F
 50x4 :50 IMO 2set Fin7&L

2. V-sp 25x1 :40 15m Sprint Race start
 25x1 :40 5"wall kick + Race turn + 15m Sprint) x 4set
 25x1 1:00 15m Sprint Race finish

Loosen 100x1 3:00

3. Pull 200x1 2:40 Lung buster (ε-50m)) x 4set
 200x1 2:30 Fast pull

Loosen 100x1 3:00

4. Swim 100x3 1:20 FR DPS 7DLK (5DLK)
 100x1 1:20 (1:25) IM good tech & fast
 100x3 1:20 FR DPS 7DLK (5DLK)
 200x1 2:40 (2:50) IM good tech & fast
 100x3 1:20 FR DPS 7DLK (5DLK)
 300x1 4:00 (4:15) IM good tech & fast
 100x3 1:20 FR DPS 7DLK (5DLK)
 400x1 5:20 (5:40) IM good tech & fast
 100x3(2) 1:20 FR DPS 5DLK (3DLK)
 400x1 4:40 (5:00) FR good tech & fast
 100x3(2) 1:20 FR DPS 5DLK (3DLK)
 300x1 3:30 (3:45) FR good tech & fast
 100x3(2) 1:20 FR DPS 5DLK (3DLK)
 200x1 2:20 (2:30) FR good tech & fast
 100x3(2) 1:20 FR DPS 5DLK (3DLK)
 100x1 1:10 (1:15) FR good tech & All out!!

5. Down 50x6 :45 choice
 50x4 :50 choice
 50x2 1:00 choice

To, 7900m + 2