

2018/11/4(Sun) 桃山 AM 特殊パート

	D	T	S	C	M	T.T	Time	Di
W-up	400 * 1			07:00	SKPS/100m	7:00	9:30	400
	100 * 6			01:30	on Fin Kick(Hypo2)-swim/25m od:Fr-Bk/50m ev:Fly	9:00		600
Kick	100 * 6 * 2			01:50	1S=Fr 1-3t,4-6t DES on Board 2S=(-10") Fr-S1/50m no Board	20:40	0:50	1200
easy	50 * 1			3:00		3:00	10:11	50
Pull on Paddle	G1 100 * 4	} * 3		01:20	Fr DPS SET AVG up (Hypo5-3/50m)	16:00	10:15	1200
	50 * 3			00:40	S1 DES (+10")/t	7:30		450
	G2 100 * 4	} * 3		01:25	Fr DPS SET AVG up (Hypo5-3/50m)			
	50 * 3			00:45	S1 DES (+10")/t			
easy	100 * 1			03:00			10:43	100
swim	G1 200 * 2 * 3			02:40	(-10")/S rest 30"	15:30	10:48	1200
	150 * 2 * 3			02:00	(-10")/S rest 30"	11:30		600
	100 * 3 * 2			01:20	(-10")/S	7:30		600
	50 * 3 * 4			01:00	1t easy(+30") 2,3t Hard od:SET choice ev:SET S1	14:00		600
	G2 200 * 5			02:45	3,4t(-10") 5t(-20") rest 30"	15:30		
	150 * 2 * 3			02:10	(-10")/S rest 30"	12:30		
	100 * 3 * 2			01:25	(-10")/S	8:00		
	50 * 3 * 4			01:00	1t easy(+30") 2,3t Hard od:SET choice ev:SET S1	14:00		
Down	400 * 1			10:00	100m Kick-300m Mix choice		11:36	300
							11:45	7300