

# 大阪高体連強化練習 (Short Team)

Kick=しなやかに、細かく、速く、強く

Stroke=長さど速さの調和+力強く

2018/12/8 3:00 PM

桃山学院高校

|              | 本数          | セット | サークル  | 内容  | 合計距離        | 合計時間           |
|--------------|-------------|-----|-------|---|-------------|----------------|
| W-up         | 300 × 1     |     | 05:00 | Choice(5m STL)  | 300         | 0:05:00        |
|              | 100 × 3     |     | 01:40 | IM Switch(5m STL)   | 300         | 0:05:00        |
| Fin,Buoy,Sn  | 100 × 3     |     | 02:00 | 25m/FrontSc-Dog-Dog full-L.S  | 300         | 0:06:00        |
| Fin,Sn       | 100 × 3     |     | 01:40 | Fr Bow 12K change over<br>50m/R-L   | 300         | 0:05:00        |
| Pad          | 100 × 3     |     | 01:15 | Fr (Smooth)   | 300         | 0:03:45        |
|              | 50 × 6      |     | 00:35 | Fr (Hard)   | 300         | 0:03:30        |
|              |             |     |       | R-1'  |             | 0:01:00        |
|              | 25 × 8      |     | 00:45 | Float Start + Explosion 15m   | 200         | 0:06:00        |
| Swim         | 15 × 3      |     | 02:00 | Dive 15m 測定   | 45          | 0:06:00        |
| Kick         | 200 × 3     |     | 03:20 | Bk (Basic)  | 600         | 0:10:00        |
|              | 100 × 6     |     | 01:50 | Fr (1'50"-10"/2t)   | 600         | 0:11:00        |
|              |             |     |       |   |             | 0:02:00        |
| Swim         | 100 × 6 × 3 |     | 01:20 | Fr<br>(1t:Smooth 2t:Fast) × 2<br>1s:(1'20") 2s:(1'15") 3s:(1'10")<br>Set Rest 30" | 1800        | 0:24:00        |
|              | 50 × 1      |     | 01:30 | Easy  | 50          | 0:01:30        |
|              | 50 × 24     |     | 00:45 | Fr = 40"<br>3t/IM order × 2R<br>(1t:Smooth 2t:Hard)                               | 1200        | 0:18:00        |
|              | 75 × 1      |     | 03:00 | Easy  | 75          | 0:03:00        |
|              | 100 × 1     |     | 06:00 | Dive!!<br>IM MAX!!  | 100         | 0:06:00        |
| Loosen       | 100 × 1     |     | 04:00 |   | 100         | 0:04:00        |
| Pull(Buoy)   | 100 × 4     |     | 02:00 | 25m:Sc 75m:Pull<br>Hard Dis = 1t/25-50-75-100                                     | 400         | 0:08:00        |
| Down         | 400 × 1     |     | 08:00 | Choice  | 400         | 0:08:00        |
| <b>Total</b> |             |     |       |   | <b>7370</b> | <b>2:16:45</b> |