

Kick=しなやかに、細かく、速く、強く

stroke=長さとの速さの調和+力強く

short	Team	サークル	HR	距離	時間
w-up	300 × 1	05:00	26	CH	300 0:05:00
	200 × 3	03:00	26	IM DPS	600 0:09:00
	150 × 4	02:00	26	Fr En2	600 0:08:00
	100 × 6	01:20	28	od/IM ev/Fr En3	600 0:08:00
	50 × 1	01:30	25	E	50 0:01:30
Kick	50 × 8	00:50	28	S1 H	400 0:06:40
Drill	200 × 1	03:30	26	25SC 25S	200 0:03:30
	25 × 10	00:45	24	CH	250 0:07:30
Pull	100 × 9	01:30	26	1t/Ba 2t/Fly	900 0:13:30
	50 × 15	00:50	28	Pad 2t/Fly 1t/Fr H	750 0:12:30
Fin	200 × 1	03:30	26		200 0:03:30
	sideK 100/9t change	100/7t change			
	200 × 1	03:30	26		200 0:03:30
	25/UW DL	25/FKDL	25/背面UW DL	25/背面 FK DL	
	200 × 2	03:30	26	CH	400 0:07:00
		Bouy Pad Fin	Swim		
S	200 × 1	02:40	26	Fr	600 0:08:00
	100 × 2	01:25	27	Fr Pace up	600 0:08:30
	100 × 2	01:10	28	Fr Pace up	600 0:07:00
	50 × 2	00:50	30	Fr SP	300 0:05:00
	× 3				
D.W	400 × 1	06:00	24	しっかり泳ぐこと	400 0:06:00
					7950 2:03:40