

2018.12.9 Sun. 強化練習会 P.m

mid. long.

1. W-up 100x3 1:30 Choice  
 100x3 1:30 IM(R)  
 100x3 1:25 FR W-stream line  
 100x3 1:45 Kick your choice  
 100x3 2:00 SC-P (E-25m)

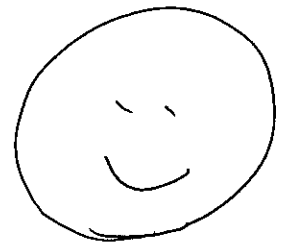
2. Pull 300x2 3:50 (4:00) Lung buster  
 300x2 3:40 (3:50) hyp.5  
 300x2 3:30 (3:40) hyp.3  
 300x1 3:20 (3:35) fast pull !!  
 300x1 3:10 (3:30) fastest pull !!!!!

L 100x1

3. Kick 25x8 :40 Drill+Form  
 Swim 50x8 1:00 Drill+Form

4. Swim 50x4 :45 7DLK DPS  
 200x4 2:20 fast pace  
 50x4 :45 5DLK DPS  
 200x3 2:30 fast pace (-5")  
 50x4 :45 3DLK DPS  
 200x2 2:40 fast pace (-10")  
 50x4 :45 W-stream line  
 1:00 rest  
 200x1 2:10 All out !!!!!

Do or do not!  
 There is no try!!



You can  
 do it !!

L 100x1

5. Kick 50x1 1:00 Sprint  
 Swim 50x1 1:00 Sprint  
 50x1 1:30 Easy ) X 4 set

6. Down 50x6 :40  
 50x4 :50  
 50x2 1:00  
 300x1 8:00

TO 9000 m