

2月11日 (祝) AM 高体強化練習 (ML)

W-up 200 x 4 (3') IM
(drill 50 x 12 (1') Fin. Finger. Buoy dolphin Br
(4x / Des)

Swim (Finish) 100 x 12 (1'20") dolphin Fr
(3x Fast - 1x Hard)

Kick 100 x 4 x 3s (1'30") Ba
(set Des) STR-1'

Pull (B) (100 x 8 (1'20") 1x / Fr - Ba (Smooth)
50 x 8 (45") 1x / Fr - Br (Fast)

Loosen 100

Swim 200 x 8 (2'30") Fr AT (Even)

Pull (p.B) 300 x 8 Fr
4x (3'40") (3'55") HYP3-5-7 (OT
4x (3'38") (3'45") ~ 1x / 1-5" Desto Hand,

Swim (Fin. P) 50 x 8 (1'30") 2x / IM10 (A10)

DW 600 KPS.