

2019/2/11(mon) 桃山 AM 特殊パート

	D	T	S	C	M	T.T	Time	Di
W-up	600	*	1		08:30 on Fin 200mchoice 100m Side KickR L/25m 100m Hand R L/25m 200m IM Kick-swim/25m	8:30	0:00	600
	100	*	3	*	01:20 1t UW-swim/12.5m 2t swim-UW/12.5m 3t Fly(Hypo3)	8:00		600
Pull	G1	100	*	2	01:20 Hypo5 DPS	5:20	0:19	1600
		100	*	2	* 2 01:25 IM smooth	5:40		
		100	*	2	01:15 Hypo3 DPS	5:00		
		100	*	2	01:30 1t smooth 2t Hard	6:00		
	G2	100	*	2	01:25			
		100	*	2	* 2 01:30			
		100	*	2	01:20			
		100	*	2	01:35			
easy	50	*	1		03:00	03:00	0:33	50
Kick	100	*	3	*	02:00 1S=Fr(Hypo3)-Bk/25m 2S=Fly(Hypo3)-Fob/25r 3S=DES	18:00	0:37	900
swim	G1	200	*	2	02:30 Fr smooth	05:00	1:00	400
		200	*	4	02:45 IM AVG Keep	11:00		800
		200	*	2	02:40 Fr smooth	5:20		400
		200	*	4	03:00 1-3t IMR AVG Keep 4t IM Hard	12:00		800
	G2	200	*	2	02:40 Fr smooth	05:20		
		200	*	4	03:00 IM AVG Keep	12:00		
		200	*	2	02:50 Fr smooth	5:40		
		200	*	4	03:15 1-3t IMR AVG Keep 4t IM Hard	13:00		
		100	*	1	easy(G2=50m*1t)		1:37	100
		50	*	2	00:50 Kick Hard IMO/S	6:40	1:40	400
		50	*	1	* 4 01:30 easy	06:00		200
		50	*	1	01:30 speede IMO/S	06:00		200
Down	400	*	1		200m Kick choice-200m Mix choice	2:00		400
						2:10		7450