

3月20日(水) (AM) · PM 高体連合宿 ~ 21日(木) ~

W-up 600 x 1 (12') Finger Pad, Sh Fr  
(30 / Catchsc - Dogsc - Fullsc - DPS) x 3R

drill ( 100 x 4 (1'45") Fin, Sh 3rd Dolphin  
(30 / Smooth - Fast)  
( 100 x 4 (1'45") Fin, ~~Sh~~ Bow  
(30 / Smooth - Fast)

Suiza (Fin. Finger) 50 x 16 (1')  
(4 Fr Kick Br)  
(4 Dolphin Br)  
(25m / Smooth - Fast)

Loosen 100

Pullup (50 x 12 - 50 / Hypo - 4-5 Fr (1 ~ 4 Des)  
(Group ① 4 / (2'10") (2') (1'50")  
(Group ② 4 / (2'5") (2'10") (2')

Kick (B) 100 x 12 choice  
4 / (1'50") (2') (2'10") (1 ~ 4 Des)

Loosen 100

Suiza ( 50 x 16 (40") Fr (DPS)  
50 x 12 (50") 3rd / Ind (1 ~ 3 Des)  
50 x 8 (1") SI (Hard)  
50 x 4 (1'0") SI (1 / Easy - Sprint)

DW 400 SKPS.