

3月20日 (水) AM · PM 高体速強石合宿 (ML)

W-up 300 × 2 (5') 1+ / 2M - Fr

Kick (B) ( 100 × 8 (1'30") Fr Fin (2+ / Des)  
50 × 2 (1") Fr Fin (Hard)

SP (Fin) 50 × 8 (1") Turn in 10m out 15m spring

Swim (Fin-sh) ( 100 × 8 (1'30") Fr (7+ Fast - 1+ Hard)

Loosen 200

Swim 200 × 6 (3')  
3+ Fr AT (Even) - 1+ 2M (Hard)

fall (p.B) ( 100 × 8 (1'15") (1'20") Fr (2+ / Des) × 2st  
50 × 2 (1") (1") Fr (Hard)

( 1st / sh 5F )  
5F 2 Normal

DW. 600 KPS - drill mix