

	本数	セット	サークル	内容	合計距離	合計時間
W-UP	600 × 1		10:00		600	10:00
	SKPS/100m-IM/200m					
S	100 × 6		01:30		600	09:00
	Fr Fin B-up Dse/3t					
S	200 × 3		03:30		600	10:30
	IM Fin 1t Easy 2-3t Hard					
S	50 × 1	Easy	03:00		50	03:00
P	400 × 2	Fr Even	05:15	05:40	800	10:30
	Hyp 3-5-7-5/50m					
	300 × 2	Fr Even	04:20	04:40	600	08:40
	Hyp 3-5/100m					
	200 × 3	Fr Hard	02:50	03:20	600	08:30
	(1t cut)					
K	100 × 4	Cho Drill	02:00		400	08:00
	50 × 4	Board Hard	01:10		400	04:40
	× 4	No Board Dse	01:10		400	04:40
	× 4	K-S/25m Dse	01:10		400	04:40
S	100 × 1	Easy	05:00		100	05:00
S	50 × 8	S1orFr Drill Chc	01:10		400	09:20
S	100 × 2	× 6	Fr		1200	
	1s	Even	01:15	01:20	set on	03:10
	2-3s	Even	01:20	01:25	set on	03:30
	4-6s	Hard	01:30	01:40	set on	04:10
S	50 × 4	S1	01:20		200	05:20
	1-2t H-E/25m 3t Eas 4t Hard					
DW	400 × 1		08:00		400	08:00
Total					7750	2:12:30