

2019.3.22 Fri. 9:00 am

Mid. Long


1-W-up	200x1	3:00	FR W.S.L) x 3 set
	100x1	1:30	IM	
	100x1	2:00	Kick your choice	

2. V-S 100x4 2:00 15m Race start, turn, touch

3-Pull	200x1	2:40	Lung buster) x 4 set
	400x1	5:30	Hyp-5 Fast pull	

4-Swim	50x4	:40	FR DPS
	50x3	:50	choice
	50x2	1:00	Drill Form
	50x1	1:30	Drill Form

Do or do not
There is no try!!



5-Swim	100x4	1:20	Fast pace (Even)) x 3 set
	100x3	1:30	Fast	
	100x2	2:00	IH IE	
	100x1	3:00	All out	

6-Down	50x8	:45	Swim	↓	
	x6	1:00	Kick		道具 choice
	x4	:50	Pull		Form, Drill
	x2	1:00	Swim		

TO, 8500m