2019/3/22(Fri) スイムピア奈良　　AM 特殊パート

		D		T		S	C	M	T.T	Time	Di
W-up		600	*	1			10:00	on Fin 200mchoice	10:00	0:00	600
								100m Side KickR L/25m			
								100m Hand R L/25m			
								200m IM Kick-swim/25m			
		50	*	8			01:00	Drill choice(Fin,Paddle choice)	8:00		400
		100	*	4			01:40	IM slide/50m Kick-swim/25m	6:40		400
Dive		25	*	8			00:45	od:Dive speede ev:Uku speede	6:00		400
								1-4t on Fin 5-8t No Fin			
Kick		50	*	8	*	2	01:05	1S=IMO/2t od:smooth ev:Fast	8:40	0:36	800
								2S=(+5″)S1 1-4t DES 5-8t od:smooth ev:Hard	9:20		
		50	*	1			02:00	easy	2:00		50
Pull	G1	300	*	3			03:50	DES	11:30		900
		100	*	8			01:30	IMO/t+Fr/50m	9:00		800
	G2	300	*	3			04:10	DES			
		100	*	7			01:40	IMO/t+Fr/50m			
easy		50	*	1			03:00				
swim	G1	150	*	6			02:05	on Fin od:Fr ev:Fly-Bk-Br/50m	12:00		600
		50	*	1			02:00	easy	02:00		50
		150	*	1	*	10	02:00	Fr smooth	24:00		1500
		50	*	1			01:00	Fast od:SET Fly ev:SET S1(Fly=S1→S2)	12:00		600
	G2	150	*	6			02:15	on Fin od:Fr ev:Fly-Bk-Br/50m	13:00		
		50	*	1			02:00	easy	02:00		
		150	*	1	*	9	02:10	Fr smooth	26:00		
		50	*	1			01:05	Fast od:SET Fly(9S=S1) ev:SET S1(Fly=S1→S2)	13:00		
Down		400	*	1				200m Kick choice-200m Mix choice			400
											7500