

2019.3.22 Fri.

2:30 PM

TEAM
Mid. Long

1. W-up	100x1	1:30	FR W.S.L) x3 set
	200x1	3:20	IM	
	50x2	1:00	Kick your choice	

2. V-S	50x1	1:00	Sprint U.W.K / E (E-25m)) x4 set
	50x1	1:00	Sprint Swim / E (E-25m)	

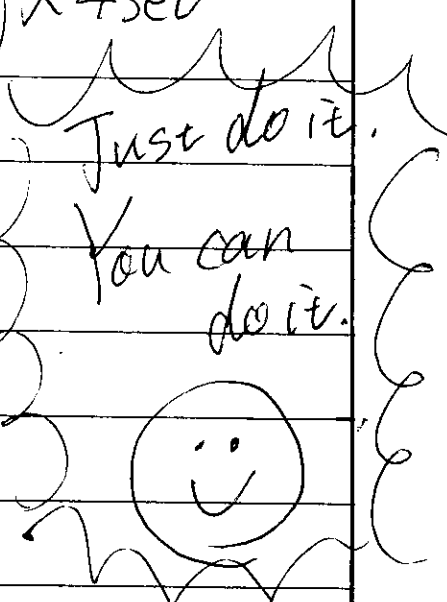
3. Kick	100x3	1:40(50)	choice) x4 set
	100x2	1:35(40)	choice	
	50x10	1:00	SHIEIH	

4. KS	50x10	6t	1:00	Kick
		4t	:50	Swim choice

5. Friday	50x1	:50	Sprint Kick) x4 set
Special!	25x1	:30	Sprint Swim	
	25x1	:30	Sprint U.W.K	
	100x1	2:00	All out !!	
		:40	set rest	

50x1	:50	Sprint Kick) x4 set
25x1	:30	Sprint Swim	
25x1	:30	Sprint U.W.K	
50x1	1:00	Sprint Swim	
	:40	set rest	

6. Down	100x8	1:20	Fin pad) You can do it.
	100x6	1:40	Fin Kick	
	100x4	1:30	Pull	
	100x2	2:00	Choice	



TO. 8000m