2019/3/22(Fri) スイムピア奈良　　PM 特殊パート

	D		T		S	C	M	T.T	Time	Di
W-up	400	*	1			07:00	on Fin choice-Bk-Fly-IMR/100m	10:00	0:00	600
	50	*	4	*	3	01:00	IMO/t (-5″)/S Kick-swim/25m <rest 30″>	11:00		600
swim G1	100	*	3	*	5	01:30	Fin+Paddle <3-4S SET REST 30″>	16:15		1500
							1S=Fr Foot R up-Long stroke-Foot L up-Long stroke/25m			
							2S=(-5″)IMR DES 3S=(-15″) 4S=(-20″) 5S=Hard			
G2	100	*	3	*	5	01:30	1S=Fr Foot R up-Long stroke-Foot L up-Long stroke/25m			
							2S=IMR DES 3S=(-10″) 4S=(-15″) 5S=Hard			
							(3-4S SET REST 30″)			
easy	50	*	1						0:39	50
Mix	50	*	8	*	2	00:55	1S=Fob K-Bk/25m 2S=Kick(+15″) od:E ev:H	7:20	0:43	400
	50	*	1			02:00	easy	2:00		50
Pull	100	*	1	*	4	01:50	B-up (switch/50m OK)	7:20		400
	50	*	2			01:00	1t H-E/25m 2t Hard	8:00		400
easy	50	*	1						1:09	50
							HR 1S=EN1<26> 2S=EN2<28> 3S=EN3<30>			
swim	100	*	4	*	3	01:40	SET DES (S1) <SET REST 30″>	21:00	1:14	1200
	50	*	1			01:30	easy Form	4:30		200
	50	*	4	*	4	00:50	(S1) Hard Max 2S=1’ 3S=1’10″ 4S=1’30″	18:00		800
Down	400	*	1				200m Kick choice-200m Mix choice			400
										6650