

3月23日(土) (AM) · PM 高体連強化合宿 (M/L)

MIX (C00 × 1
400m U.W. Screw Kick 200/Dol - Fr
20m Ba drill
50m / 300K, Stop, Reverse, RL
20m Pull (B) IM
20m JS/K-S IM

Kick (Fin. Sh) 200 × 6 (3') Fr / Fly - Fr - Ba
(50m / Bop * all (5m U.W))

SPRINT (C00 × 3 (2) Fin Ba
(20m SP - 20m E - 25m SP - 20m E - 15m SP)
+
(C00 × 3 (2) Fr
(15m SP - 25m E - 20m SP - 30m E - 10m SP)

Loosen 200 choice

SC-Pee Sh 50 × 8 (1) Fr (JS/dog SC - 9)

Swim (C00 × 5 男 1/2 (1'30") ~ 8", 女 1/2 (1'25") ~ 5" (Des) *
(C00 × 1 (2) A/D
× 4 ST

Loosen C00

Pull (p.B) (C00 × 4 (1'30") Ba (DPS)
(200 × 6 (2'40") Fr Hyp 3-5-3-5 (Fast)

OW 50 × 8 (1) choice drill mix