

3月23日(土) AM・PM 高体連強化合宿 ~ Last ~

W-up (400 x 2 (6'30"))
(1st 50 / Fr-IMD (DPS)
(1st IMR (B-up))
(50 x 4 x 2 sw (2'30") IM Slide
(St / Fast - St 2 Hard)

Loosen 100

mix (15m U/W Dolphin (sprint) x 4 (1")
(5m No Breath Fr (sprint) x 4 (1")
50 x 4 (1") Fin, Finger Fly RLS
50 x 4 (1") Fin, Finger S / drill

Loosen 100

Swim 50 x 40 (1") S / (奇 Easy 偶 Hard)

Loosen 50

Dive 50 x 1 (ALL OUT)

Kick (B) 50 x 1 (ALL OUT)

OW 200 (600 KPS - 100 Seal)