

10月16日(日) AM · PM 極高体連発化練習会

W-up (50 × 4 (2'20'') 50 / Fly-Ba-Br (Smooth)
(50 × 4 (2'10'') 50 / Ba-Br-Fr (Smooth)
(50 × 4 (1') Fr (50 / B-up)

Pull up (50 × 12 (45'') Fr HyPS (Even)
(25 × 2 (30'') No Breath Fr (SP) ^{SR-1'}
(25 × 1 (1'') SI (DRS)) × 4 SP

Kick (50 × 12 (45'') Fin Fly 25 / GK-Swim (Smooth)
(200 × 6 (1') (3'10'') Board Fr (Des) ^{SR-1'}

Louise 100

Swim (50 × 6 SI (Hard)
(SR 1 (50'') Push
(SR 2 (1'') "
(SR 3 (1'10'') "
(SR 4 (1'20'') "
(SR 5 (1') Dive
(100 × 1 (1') Recovery) × 5 SP

DW (200 × 3 (2'40'') Fr (Even)
(100 × 3 (1'40'') IMR (Bup)
(100 × 1 (-) choice.

10月30日(日) AM · PM 高体連強化 (Middleton & T)

Dive 25 x 1 (MAX!!) (5)
Easy 200 x 1

Sprint (25 x 6 (40") Sw Murdolphin (Fin Board)
25 x 6 (40") Sw Vassallo

Full p.B. 50 x 8 (50") Ba (LSD)

200 x 1 (2'30") HAD-579 Fr (Bup) x 457
200 x 1 (2'50") IM (Hard)

K.P. 200 x 4 (350") Br
100 / 2KIS (Smooth) - 2KIS (Hard)

Drill 25 x 8 (45") Fr Kick Br (Hard)

Swim (100 x 3 (140") Fr (Even)
100 x 3 (21") (Hard) x 657
st 1 Fly st 2 50/Fly-Ba
st 3 Ba st 4 50/Ba-Br
st 5 Br st 6 50/Br-Fr.

(Sprints) 200 x 1 (40") Fr (A.O)
Kick 20" A10 - 10" Rest x 8R (A.O)

DW (100 x 6 2x / (100") (100") H - (45") (20") A7 - (20") (20") E12
200 x 1 (-) choice

2022.11.20 Sun.

1. W-up 200x1 2:45 FR Wpd 5Ddk
(Fin) 200x1 3:00 IM 25Ks
200x1 3:30 Kick choice
50x2 :35 Swim Fast

2. v/s 50x1 1:00 Sprint U.W.K / Easy (E-25m)
50x1 1:00 Sprint Swim / Easy (E-25m)) x4set

3. FinPad 300x8 3:45 FR Flat Swim

4. Pull 200x8 2:40 FR Lungbuster Des (E-2t)

5. Swim 100x8 1:30 S1 Fast

6. Kick 50x8 1:00 S1 Sprint

7. Swim 25x8 :45 S1 Sprint

8. Ks 50x1 :50 S1 Sprint Kick
25x1 :30 S1 Sprint Swim
25x1 :30 S1 Sprint U.W.K
50x1 1:40 S1 Sprint Swim) x4set

9. Down 100x4 1:20 FR Flat Swim
(Fin) 100x3 1:30 IM
100x2 1:40 Kick choice
100x1 2:00 choice

70.8/100m

11月27日(日) AM · PM 高体連強化 (Yriddle)

U-up (Fin) (100 x 8 (1'30") Sh Dolphin Fr (LSD)
(100 x 8 (1'30") Ba (50/KK-Sprint)

Full p.B. (200 x 6 (1'30") 1/4 Fr-Ba (Neg)
(100 x 6 (1'30") 1/4 Fr-Ba (B-up)
(50 x 8 (1") Ba (Hard)

Int. 25 x 6 (R-10") Fr
(1/4 / S-A - 900 - Final - Pause)

Sprint (200 x 6 (10') (1'30") Fr (Neg Dash)
(100 x 8 (1'45") S1 (Hard)
(50 x 8 (1'15") S1 (Hard)

Kick 2' x 407 (R-1") 30' / B-up Hard

DW. (50 x 6 (1") choice (1st sprint)
(400 x 1 (8") choice.

基礎持久力強化、バランス、全身を使う、心肺能力向上

W. up 500×1 -8'00" noTool 5"壁K(Fr) → 35mSprint!! → 465mAll Choice HR ↑

【バランス、工夫、体幹、姿勢】

PS 50×3 -70" Fr or S1 B 挟み Scull・S/25m
 Scull = 1t: Catch 2t: Push 3t: Dog-P(Full-ST)
 P 25×2 -45" Fr(S1 可) B 足乗せ P Smooth
 (no Set Rest) ×3Set

【Sprint、Body-Position、素早い動きを身に付ける、HR ↑】

KS 25×6×3 -25" (Set Rest 30") Sprint!! HR-Check

Set1 = od:B持K ev:B挟みSK(打つ!!) Set2 = od:B手乗せSTLK ev:B挟みSK(打つ!!) Set3 = noTool od:STLK(Float) ev:S

【基礎力を上げる、持久力向上、横隔膜を使う、省エネ】

A	Fr	B	Fr
PS 50×6 -40"	Grab-Pad & Buoy	PS 50×4 -45"	Grab-Pad & Buoy
Rest 30"	息~4t/50m	Rest 30"	息~4t/50m
S 200×4 -2'20"	noTool Des Last:Hard!!	S 200×4 -2'30"	noTool Des Last:Hard!!
Rest 40"		Rest 60"	
PS 50×6 -40"	Normal-Pad & Buoy	PS 50×4 -45"	Normal-Pad & Buoy
Rest 30"	息~4t/50m	Rest 30"	息~4t/50m
S 200×4 -2'20"	noTool Des Last:Hard!!	S 200×4 -2'30"	noTool Des Last:Hard!!

Loosen 100×1 -4'00"

【泳ぎ作り、可動域拡大、体重移動、姿勢改善】

KPS 50×6×4 (Set Rest 30") IM-Order/1Set

Set1: -50" Fly Fin ｷｯｯﾝ Dol(Float)・3tDol1tST/25m Set2: -55" Bk Fin Twist-K・水平 Catch-up/25m
 Set3: -75" Br 足首 B Pull・B 挟み S(not Dol)/25m Set4: -65" Fr noFin ｲﾝ抱え K・St-Arm/25m

【準備、HR ↑】

KPS 25×4×5 -45"-5'1t (no Set Rest) S1 or Fr Drill E.O・S Form・S Accel・S Fast/1t

【Timeを狙う、勝負、集中力持続】

S1 Hard!! Keep!!
S 50×5×3 1t:-60" 2.3t:-50" 4t:-45" 5t:-95"
+ S 100×2 -5'00" All All Out!!

(月) 22日 (日) AM · PM 高体連幾化練習 (4L)

W-up 400 × 1 (6') Fin × First 50 / Fr-Ba (LSPD)
(25 × 2 (45') Fin Ba Downkick only (Strong)
50 × 2 (1') Knadep. Busy 1+ / Fr-Ba (Fast)

Pull-up 300 × 6 (8'50") 100/HYP 4-5 Fr (Buy)
(50 × 2 (1') 2+ / 2MO (Fast)
50 × 4 (1'15") 1+ / 2MO (sp)

Shrim 300 × 1 (4') 100/HYP 4-5 Fr (Buy)
50 × 6 (1'10") 1-2-2-1 2MO (WSP-30 Fast)) × 3st
(ST 1 / Fin. Pad
ST 2 / FIR
ST 3. No Item

Loosen 100

Shrim 50 × 2 (1'50") Fly (Hard)
(50 × 2 (1'10") Ba (Hard)
50 × 1 (1') Br (Hard)
50 × 1 (1') Easy) × 3st
50 × 14 (50") Fr (6H-1E-4H-1E-2H)

(SD. (Fin) 50 × 1 (1) Fr (A.O)
(Kick (Fin. B) 50 × 1 (1) Fr (A.O)

DN 200 (200/FinK-FinS-NormalS-Scall(wince))

7月29日(日) (AM) · PM 高体連強化練習 (ML1e-1)

Dive 50 x 4 (21) 25 MAX!! - 25 Easy

(2st Normal Fr Swim
2st Fin Univ dolphin)

Loosen 200 x 1 (51)

Pull (PB) 400 x 3 (4'40") (51) Hypo Fr (Neg)

Swim (Fin, p) 200 x 5 (2'50") (31) IMO + IM (B-up) ^{LR-1'}

Cl-S. (Fin) 50 x 2 (50") drill (self) * 4st
50 x 1 (50") Swim (Fast) _{ST/IMO}

Loosen 100 (51)

Pull (B) 100 x 8 (21) S1 (2 Hard - (Easy))

Easy 100 x 1 (21)

Swim 100 x 12 (21) S1 (2 Hard - (Easy))

200 x 1 (-) S1 (ALL OUT) ^{LR-2'}

Kick (B) 25 x 16 (30') Fr (Hard)

OW 800 (200/FinK-FinS-Normal/S-Scal/circle)

Speed持久力強化、心肺刺激、負荷 Sprint

W. up 600×1 -10'00" Tool-Choice HR ↑

Choice・IM-R・IM/100m×2R

[心肺刺激、筋刺激、バランス、HR ↑]

A

S 200×4×4 (Set Rest 60")

Set1:-2'30" Fr noTool(Pad 可) Hyp3557/50m

Set2:-2'40"-10"/1t Fr L-Pad & R-Fin Des

Set3:-2'40"-10"/1t Fr R-Pad & L-Fin Des

Set4:-3'00"-10"/1t IM noTool Des

B

S 200×4×4 (Set Rest 60")

Set1:-2'40" Fr noTool(Pad 可) Hyp3557/50m

Set2:-2'50"-10"/1t Fr L-Pad & R-Fin Des

Set3:-2'50"-10"/1t Fr R-Pad & L-Fin Des

Set4:(3t)-3'00"-10"/1t IM noTool(B 可) Des

Loosen 100×1 -4'00"

[泳ぎ作り、可動域拡大、体重移動、姿勢改善]

☆姿勢は背骨1つ1つを意識する(頭から尾てい骨まで長く、真っ直ぐ)

K 25×6 Bk od:-50" B持ち腰掛 K ev:-40" B手乗せ STLK

P 25×6 -50" Sit-B Scull od:前向き ev:後ろ向き

K 25×6 -40" Br od:B持ち U.W-K(息~2t) ev:B手乗せ STLK

KP 25×6 -40" od:B持ち U.W-DoI(息~2t) ev:足首 B Pull

(Set Rest 30")

[200mPace意識 消費効率向上、負荷 Sprint]

S 50×5×3 -45" (Set Rest 15") S1(Smooth=Fr 可) C-in HR ↑

1t:15mSprint!!→35mSmooth(First) 2t:15mSmooth→20mSprint!!(Turn) 3t:35mSmooth→15mSprint!!(Touch)

4t:35mSprint!!→15mSmooth(First & Turn) 5t:15mSmooth→35mSprint!!(Turn & Touch)

Rest +90"

S1 KS=C-in!!

S 50×1 -70" First-Sprint!!(DM=Fly)

S 100×1 -1'40" Hard!! Keep!!(DM=Fly, Bk)

S 50×2 -60" Hard!! Keep!!(DM=Bk, Br)

S 50×1 -40" Last-Sprint!!(DM=Fr)

KS100×1 -1'30" Fr 可 KS/25m×2R

(Set Rest 2'00") ×4Set

+ S 100×3 -2'30" High-Ave!! Target Ave=200m 後半

Speed持久力強化, Race-Speed & Race 負荷意識

1t:5"壁 K→35mSpl!→365mChoice
 W. up 400×3 -6'00" 1t:noTool 2t:Fin 3t:Tool-Choice HR ↑
 2t:35m U.W(no 息,Q-Turn)→40mFly(Q-Turn)→325mChoice 3t:Choice・KRLS・Choice・SKPS/100m

[可動域、姿勢、心肺刺激、HR ↑]

K 50×3 -60" Fr or S1 び'抱え K・STLK/25m
 KSS50×3 -50" Fr or Bk 腕引↗張り・St-Arm/25m
 S 200×3 -2'50" IM noTool Even & Set-Des
 (Set Rest 60") ×3Set

Loosen 100×1 -4'00"

[Race-Pace, Race 負荷, K強化, Pace-Work 意識]

All S1

S100×1 -1'30" First-Sprint!! IM=Fly
 S 50×2 -50" Hard!! Keep!! IM=Bk
 K50×1 -50" B持K Hard!! IM=Br
 S100×1 -1'10" Last-Sprint!! IM=Fr
 (Set Rest 1'20") ×2Set
 そのまま続けて

S 50×1 -40" First-Sprint!! IM=Fly
 S 50×1 -60" Hard!! Keep!! IM=Bk
 K50×1 -50" B持K Hard!! IM=Br
 S100×1 -1'10" Last-Sprint!! IM=Fr
 (Set Rest 1'50") ×2Set
 そのまま続けて

S 50×1 -50" First-Sprint!! IM=Fly
 K50×2 -60" B持K Hard!! IM=Br,Fr
 S 50×1 -40" Last-Sprint!! IM=Fr
 (Set Rest 2'00") ×2Set

+S 50×5 -70" All Hard!!(IM=Fly, Bk, Br, Fr, Fr) T.T=200mAve-Lap

Loosen 100×1 -4'00"

[Power, 振り絞る]

Fr All Pad & Fin
 S 25×4 -30" All Hard!! 息~1t
 S 50×1 -2'00" All Out!! 息~3t
 ×4Set

3月19日(日) (AM) · PM 高体連強化 (ML)

W-Up (Fin) 400 × 1 (7') 50/Fr-Ba Fist Swim (LSD)

Kick (B. Sh) 100 × 6 (1'50") Fr 顔汁 (Des)

Pull (B. Sh) 100 × 6 (1'30") Fr (LSD Des)

Kick (Fin. B. Sh) 150 × 6 (2'30") Fr (5/Fr - 1/H)

Swim (Fin. Sh) 150 × 6 (1') Fr (5/Fr - 1/H)

Lesson 100

Pull (P. B. Sh) 200 × 12 (2'40") Fr (Fast) Fast Pace

Lesson 100

Swim 800 × 1 (-) Fr (Hard)

DW (50 × 4 (1) 240
(15SP - 20 Smooth - 5 accel sp)
+

400 × 1 (P) choice

Dive 50 x 2 (2) Fr (25 MAX - 25 Easy)

Kick (Fin) 50 x 8 (1) Ba (25 U/W Sp - 25 S LSP)

Loosen 100 (4)

Pull up B, 400 x 4 HAP 5 Fr

1. / (5'30") (5'40") (5') (4'50") Neg Des

+

100 x 2 (1'45") SI (25 Easy 100 Hard)

Kick (B) 50 x 8 (1) (5") (4 Fr 25 Sp - E
4 Fr 25 E - Sp)

Loosen 100

Swim 150 x 4 x 4 sr. 2nd Slide

st 1 ~ 3. (2'30") Set Des

st 4 (3') Hard. (R-2)

Loosen 100

Swim (50 x 6 (1) Fr (Hard)

50 x 1 (1'30") Easy

50 x 6 (1'40") Fr (Hard)

50 x 1 (1'30") Easy

50 x 6 (1'40") SI (Hard)

DW 600 (200 / Fink - Fin S - Normal S)

3月20日 (月) (AM) · PM 高体連強化 (ML)

W-Up (Fin) 800 × 1 (12') 100 / Fr-Ba FIST (LSD)
Pull-up (B) 50 × 6 (50') Hyp 3前呼吸 Fr (LSD)

Drill (Fin-p) 100 × 8 (2') Ba 1/2 / STOP. Reverse
(3+ Strong Fast - 1+ Hard)

Drill (Fin-p) 100 × 8 (24) Br 1/2 / Prk, Dolphin
(3+ Strong Fast - 1+ Hard)

Swim ()
200 × 4 (3'30") 1/2 / IMO (DPS Fast)
200 × 4 (4') 100 / IMSW (LS Fast)
200 × 4 (5') IM (3+ Fast - 1+ A'D)

DW 50 × 8 (1') chore drill.

Group A: - ~~Staphylococcus~~ (44)

(*Staphylococcus* sp. - *Staphylococcus aureus*)
(*Staphylococcus* sp. - *Staphylococcus epidermidis*)
(*Staphylococcus* sp. - *Staphylococcus saprophyticus*)

(*Staphylococcus* sp. - *Staphylococcus*)
(*Staphylococcus* sp. - *Staphylococcus*)
(*Staphylococcus* sp. - *Staphylococcus*)

(*Staphylococcus* sp. - *Staphylococcus*)
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Staphylococcus

(*Staphylococcus* sp. - *Staphylococcus*)
(*Staphylococcus* sp. - *Staphylococcus*)

(*Staphylococcus* sp. - *Staphylococcus*)

(*Staphylococcus* sp. - *Staphylococcus*)

9月2/日(火) AM · PM 高体連強化 (ML)

W-up 1000 × 1 (-) choice

(200/S-R-SP (unrte) - P (unrte) - S)

Kick B1 400 × 1 (S) Fr (25 SP - 25 Smooth)

Pull B1 50 × 2 (1'30") 2/210 (35 Hyp SP - 15 E)

SP. 3' Float R ~ 100 Turn ~ (5m Unrte) × 2 (40")

Dive 25 × 4 (3') Fr 2/10 Bre Pass - 2 SP

Loose 100

Swim 50 × 2 (1'30") A.O. (1 Dive - 1 push)

50 × 2 (1'30") A.O.

50 × 6 (1'10") A.O.

50 × 4 (1") A.O.

Pull B1 200 × 3 (2'40") Hyp 3 Fr (Even)

Swim 100 × 1 (2) Fr (Hard)

100 × 6 (1'30") Fr (Even)

UW-SP Fr 50 × 6 (1'15")

(25 UW dolphin < Side >
25 choice swim)

3月2日(火) (AM) · PM 高体連種化 (ML)

W-up 1000 × 1 (-) choice
(200/S-K-PC Uncle-Puncles-S)
50 × 12 (50") Fr (24" in)

(Pull up B, 100 × 2 (150") Fr SH (Eren)
Shim sp, 150 × 2 (150") Fr (50/B-up) ↓

Loosen 100

Pull B, 50 × 12 (50") S/ (~3-0.8)

K-S, 50 × 12 (1") S/ (K/K-S-S) B-up ^{SR-30"}

d-S, 50 × 12 (1") S/ (25/d-S) self ^{SR-30"}

Shim 50 × 12 (150") S/

(1/4 35SP-15E
1/4 35B-up-15SP
1/4 50SP) × 4R

DN 400 200/HK-PC 高体連種化
(uncle)