

SPECIAL①

2017/12/16

Fr/S1Speed Endurance							
W u p	Swim	100	×	3	①けのび⇔Fr ②KRLS Fr ③Fr⇔S1	+ 10	
	Swim	4	×	25	×	4 ①SDK⇒FrS ②FlyK (UW)⇒Choice ③SDK⇒BaS ④FlyK (UW)⇒Choice	- 45
休憩	Loosen	100	×	1	休憩＋スイム		
メ イ ン 練 習	Swim	100	×	3	Fr P-K-S-P	- 2'30	
	Swim	125	×	4	①Fly50-Ba-Br-Fr ②Fly-Ba50-Br-Fr ③Fly-Ba-Br50-Fr ④Fly-Ba-Br-Fr50	- 2'30	
	Swim	2	×	50	×	6 Ascending 2 ①Fr ②S1－Fr Set Rest おまかせ	- 1'20
C-D	Swim	200	×	1	Choice		

Total 2,400

SPECIAL②

2017/12/16

Fr/S1Speed Endurance								
W u p	Swim	100	×	3	①けのび⇔Fr ②KRLS Fr ③Fr⇔S1	+ 10		
	Swim	4	×	25	×	4	①SDK⇒FrS ②FlyK (UW)⇒Choice ③SDK⇒BaS ④FlyK (UW)⇒Choice	- 50
休憩	Loosen	100	×	1	休憩＋スイム			
メ イ ン 練 習	Swim	100	×	3	Fr P-K-S-P	- 2'40		
	Swim	125	×	4	①Fly50-Ba-Br-Fr ②Fly-Ba50-Br-Fr ③Fly-Ba-Br50-Fr ④Fly-Ba-Br-Fr50	- 2'40		
	Swim	2	×	50	×	5	Ascending 2 ①Fr ②S1－Fr Set Rest おまかせ ※1本目だけががんばろう	- 1'30
	Swim	200	×	1	Choice			
C-D	Swim	200	×	1	Choice			

Total 2,300

SPECIAL③

2017/12/16

Fr/S1Speed Endurance							
W u p	Swim	100	×	3	①けのび⇔Fr ②KRLS Fr ③Fr⇔S1	+ 10	
	Swim	4	×	25	×	4 ①SDK⇒FrS ②FlyK (UW)⇒Choice ③SDK⇒BaS	- 55
休憩	Loosen	100	×	1	休憩＋スイム		
メ イ ン 練 習	Swim	100	×	3	Fr P-K-S-P	- 2'30	
	Swim	100	×	4	①IM ②Fly-Ba50-Br ③Ba-Br50-Fr ④Ba-Br-Fr50	- 2'30	
	Swim	2	×	50	×	4 Ascending 2 ①Fr ②S1－Fr Set Rest おまかせ	- 1'45
C-D	Swim	200	×	1	Choice		

Total 2,100