

SPECIAL①

2018/1/6

EN2~EN3									
W - u p	Swim	100	×	3	①けのび⇔Fr ②KRLS Fr ③Fr⇔S1			+ 10	
	Kick	3 × {	50	×	1	Board Kick	B-up	- 1'20	
	Pull			100	×	1	Fr-Ba mix		- 2'20
休憩	Loosen	100	×		1	休憩＋スイム			
メ イ ン 練 習	Swim	25	×	8	Odds:K⇒S Evens : Choice			- 45	
	Swim	200	×	5	①IM ②50K+150Fr ③Fr-Pull ④75Fly75Fr25Fly25Fr ⑤Fr-Pull			- 4'00	
	C-D	Swim	200	×	1	Choice			

Total 2,250

SPECIAL②

2018/1/6

EN2~EN3									
W - u p	Swim	100	×	3	①けのび⇔Fr ②KRLS Fr ③Fr⇔S1				+ 10
	Kick	3 × {	50	×	1	Board Kick	B-up	-	1'30
	Pull			×	1	Fr-Ba mix		-	2'30
休憩	Loosen	100	×	1	休憩+スイム				
メ イ ン 練 習	Swim	25	×	8	Odds:K⇒S Evens : Choice				- 50
	Swim	200	×	5	①IM ②50K+150Fr ③Fr-Pull ④75Fly75Fr25Fly25Fr ⑤Fr-Pull				- 4'20
C-D	Swim	200	×	1	Choice				

Total 2,250

SPECIAL③

2018/1/6

EN2~EN3									
W - u p	Swim	100	×	3	①けのび⇔Fr ②KRLS Fr ③Fr⇔S1				+ 10
	Kick	4 × {	50	×	1	Board	Kick	B-up	- 1'20
	Pull			×	1	Fr-Ba	mix		- 1'30
休憩	Loosen	100	×	1	休憩+スイム				
メ イ ン 練 習	Swim	25	×	8	Odds:K⇒S Evens : Choice				- 50
	Swim	150	×	5	①IM(S4S3を25) ②50K+100Fr ③Fr-Pull ④75Fly75 ⑤Fr-Pull				- 4'00
C-D	Swim	200	×	1	Choice				

Total 1,950