

SPECIAL③

2018/1/27

EN1~2 SP3 キックをセーブして必要最低限に									
W u p	Swim	100	×	3	①けのび⇄Fr ②KRLS Fr ③Fr⇄Br	+	15		
	Kick	2 × {	50	×	1	20UWK+30Swim	-	1'40	
	K-S		25	×	4	IM K→S	-	'50	
	Pull		100	×	1	Fr	-	2'20	
休憩	Loosen	100	×	1	休憩+スイム				
メ イ ン 練 習	Swim	200	×	1	IM Stroke Improve	-	5'00		
	Swim	50	×	4	S1 B-up	-	1'40		
	Swim	200	×	1	Fr 25HE50HE25HE	-	5'00		
	Swim	2 × {	50	×	1	Hard	-	1'20	
			25	×	4	S1	-	'40	
C-D	Swim	200	×	1	Choice				

Total 2,000