

SPECIAL①

2018/3/17

IMで筋持久力UPとコア。FrでスプリントUP。									
W u p	Swim	100	×	3	①けのび⇔Fr ②KRLS Ba ③Fly(FlutterK)⇔K W/T Board	+	15		
	Drill	25	×	4	W-arm Ba→Ba	-	'50		
	Swim	150	×	1	Fr⇔Ba	-	3'00		
	Drill	25	×	4	BrP+Flyk→Br	-	'50		
	Swim	150	×	1	Fr⇔Br	-	3'00		
休憩	Loosen	100	×	1	休憩＋スイム				
メ イ ン 練 習	Swim	300	×	2	IM-Fr 25/50/75	-	7'00		
	Swim	3	×	25	×	4	①NBK ②Fr K速P遅 ③Fr Sprint ④Smooth	-	'40
	Swim	25	×	12	Fr Hard	-	'30		
C-D	Swim	200	×	1	Choice				

Total 2,300

SPECIAL②

2018/3/17

IMで筋持久力UPとコア。FrでスプリントUP。									
W u p	Swim	100	×	3	①けのび⇔Fr ②KRLS Ba ③Fly(FlutterK)⇔K W/T Board	+	15		
	Drill	25	×	4	W-arm Ba→Ba	-	'50		
	Swim	150	×	1	Fr⇔Ba	-	3'20		
	Drill	25	×	4	BrP+Flyk→Br	-	'50		
	Swim	150	×	1	Fr⇔Br	-	3'20		
休憩	Loosen	100	×	1	休憩＋スイム				
メ イ ン 練 習	Swim	300	×	2	IM-Fr 25/50/75	-	7'30		
	Swim	3	×	25	×	4	①NBK ②Fr K速P遅 ③Fr Sprint ④Smooth	-	'45
	Swim	25	×	12	Fr Hard	-	'35		
C-D	Swim	200	×	1	Choice				

Total 2,300

SPECIAL③

2018/3/17

IMで筋持久力UPとコア。FrでスプリントUP。									
W u p	Swim	100	×	3	①けのび⇔Fr ②KRLS Ba ③Fly(FlutterK)⇔K W/T Board	+	15		
	Drill	25	×	4	W-arm Ba→Ba	-	'50		
	Swim	100	×	1	Fr⇔Ba	-	2'40		
	Drill	25	×	4	BrP+Flyk→Br	-	'50		
	Swim	100	×	1	Fr⇔Br	-	2'40		
休憩	Loosen	100	×	1	休憩＋スイム				
メ イ ン 練 習	Swim	200	×	2	IM-Fr	-	5'00		
	Swim	3 × 25	×	4	①NBK ②Fr K速P遅 ③Fr Sprint ④Smooth	-	'50		
	Swim	25	×	12	Fr Hard	-	'40		
C-D	Swim	200	×	1	Choice				

Total 2,000