

H 20.10.12 (D)

足首ストロウ、壁スリ、木造、水栓箱入

100W 200 \times 4 \times 300 \times 20

11 \sim 18 \times 4 \times 70 \times Drill

17 \sim 18 \times 4 \times 70 \times ch

38 \sim 18 \times 4 \times 70 \times

46 \sim 18 \times 8 (25 \times 11 \times 11 \times 125 \times 7 \times 6) ϕ 70

58 \sim 25 \times 200 \times 250 \times 100

\times 15 \times 30 \times 14 \times 80 \times 12.5 \times 3

38 \sim 18 \times 4 \times 70 \times 10E } \times 4

58 \sim 25 \times 200 \times 250 \times 10E }

46 \sim 18 \times 4 \times 70 \times 6

(5 \times 10 \times 5 \times 10 \times 5) \times 2 (5 \times 10 \times 5 \times 10 \times 5) \times 2 (5 \times 10 \times 5 \times 10 \times 5) \times 2

23 \sim 18 \times 4 \times 70 \times 10E

45 \sim 18 \times 4 \times 70 \times

7.6.74

10/26 (日) 洛星 70-16

W-up 800 400 x 1 choice (6'30)
50 x 8 SC-Drill/25 (1'10)

K.P 1800/2600 100 x 3 x 6s
odds kick: Fr (1'40)(1'45)(1'50) 5s: 2t
evens Pull: Ba (1'20)(1'25)(1'25) 6s: 2t

Swim 3000/5600 200 x 15 Fr, IM/2t, 1t
Fr (2'30)(2'40)(2'50)(2'55)
IM (2'40)(2'50)(3'00)(3'10)
14t 13t 12t + 100 x 1 Fr (1'25)

Kick 800/6400 100 x 8 Fr (1'40)(1'45)(1'50)(2'00)
11 sec ~~11~~ Rest!! 7t

Pull 2000/8400 400 x 5 Fr, Ba/200 (5'20)(5'30)(5'40)(5'50)(6'00)(6'10)
Fr = Hyp 1/3 or 1/5 72t 300m 72t 200m

400/8800 50 x 8 Fly Hard, Easy/2t, 1t (0'50)(1'00)

Swim 800/9600 100 x 8 Fr Des 1 to 4t (1'30)

Down 400/10000 400 ~

Total 10000 + α