

NIIGATA & KANAGAWA TRAINING MENU

SHORT GIRLS ①

2018.05.02 (WED) 8:30-11:00

S.Tokunaga

Theme: Short Cycle

OBJECTIVE	STYLE	DISTANCE		TIME	SET	ITEM	CYCLE	MEMO	STRENGTH	TIME	DISTANCE
W-Up	KSPS	400	x	1	1	IM	08:00.00	Smooth	EN1	08:00.00	400
	K	100	x	4	1	Cho	01:50.00	Smooth	EN1~	07:20.00	400
	P	100	x	4	1	Cho	01:40.00	Smooth	EN1~	06:40.00	400
	S	100	x	4	1	IM	01:35.00		EN1	06:20.00	400
Pull強化	P	100	x	4	3	Fr	01:15.00	on6:00 *Stroke長	EN1~	15:00.00	1200
Short Cycle	S	100	x	5	3	Fr	01:20.00	on7:30	EN2	20:00.00	1500
	S	100	x	4	3	Fr	01:15.00	on6:00	EN2	15:00.00	1200
	S	100	x	2	3	Fr	01:10.00	on4:00	EN2	07:00.00	600
距離強化	S	200	x	3	1	S1	03:30.00	DES	EN1~	10:30.00	600
Down	D	100	x	4	1	Cho	02:00.00	Form Check	A1	08:00.00	400

Total Time	2:05:05
Total Distance	7100

■INFORMATION■

最後までEnergy・泳ぎをKeep!!

★DRYLAND★

NIIGATA & KANAGAWA TRAINING MENU

SHORT GIRLS ②

2018.05.02 (WED) 16:00-18:30

S.Tokunaga

Theme: 閾値強化/Kick強化

OBJECTIVE	STYLE	DISTANCE		TIME	SET	ITEM	CYCLE	MEMO	STRENGTH	TIME	DISTANCE
W-Up	KSPS	400	x	1	1	IM	08:00.00	Smooth	EN1	08:00.00	400
Form	K	50	x	4	1	Fly	01:20.00	4方向	EN1~	05:20.00	200
	D	50	x	4	1	Fly	01:20.00	バタ足Fly	EN1~	05:20.00	200
	S	50	x	4	1	Fly	01:10.00	DES	EN1~	04:40.00	200
Kick強化	K	100	x	6	1	S1	01:40.00	Smooth	EN1~	10:00.00	600
	K	50	x	4	2	S1	01:00.00	40Sec Cut!!	EN2~	08:00.00	400
	Cho	50	x	4	1	S1	01:20.00	Free Plan	EN1~	05:20.00	200
Muscle Output	S	50	x	4	1	S1	01:20.00	HEEH/12.5	AN3	05:20.00	200
閾値強化	S	50	x	8	3	S1	01:00.00	200m中盤	EN2~	24:00.00	1200
	S	50	x	8	1	S1	01:30.00	100m後半	EN2~	12:00.00	400
	S	50	x	2	1	S1	02:00.00	All Out!!	AN2	04:00.00	100
Down	D	100	x	4	1	Cho	02:00.00	Form Check	A1	08:00.00	400
									Total Time	2:10:00	
									Total Distance	4500	

INFORMATION	★DRYLAND★

NIIGATA & KANAGAWA TRAINING MENU

SHORT GIRLS ③

2018.05.03 (THU) 8:30-11:00

S.Tokunaga

Theme: Race Pace

OBJECTIVE	STYLE	DISTANCE		TIME	SET	ITEM	CYCLE		MEMO	STRENGTH	TIME	DISTANCE
W-Up	KSPS	400	x	1	1	IM	08:00.00		Smooth	EN1	08:00.00	400
	K	100	x	4	1	Cho	01:50.00		Smooth	EN1~	07:20.00	400
	P	100	x	4	1	Cho	01:40.00		Smooth	EN1~	06:40.00	400
	S	100	x	4	1	IM	01:35.00		Smooth	EN1	06:20.00	400
Form	Cho	50	x	6	1	S1	01:20.00		Free Plan	EN1~	08:00.00	300
	S	50	x	4	1	S1	01:10.00		DES	EN1~	04:40.00	200
Muscle Output	K/P/S	25	x	2	3	S1	01:20.00		H/E	AN3	08:00.00	150
Race Pace	S	200	x	4	2	S1	04:00.00	2組 200m Image(50/100/50)		EN3	32:00.00	1600
	S	100	x	2	2	S1	03:00.00	2組 100m Image(50/50)		AN2	12:00.00	400
Down	D	100	x	4	1	Cho	02:00.00			A1	08:00.00	400

Total Time	2:03:00
Total Distance	4650

INFORMATION

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NIIGATA & KANAGAWA TRAINING MENU

SHORT GIRLS④

2018.05.03 (THU) 16:00-18:30

S.Tokunaga

Theme: Speed持久力

OBJECTIVE	STYLE	DISTANCE		TIME	SET	ITEM	CYCLE	MEMO	STRENGTH	TIME	DISTANCE
W-Up	KSPS	400	x	1	1	IM	08:00.00	Smooth	EN1	08:00.00	400
Form	K	50	x	4	1	Ba	01:20.00	気をつけ	EN1~	05:20.00	200
	D	50	x	4	1	Ba	01:20.00	両手	EN1~	05:20.00	200
	S	50	x	4	1	Ba	01:10.00	DES	EN1~	04:40.00	200
	S	50	x	4	1	S1	01:20.00	Free Plan	Cho	05:20.00	200
	S	50	x	4	1	S1	01:10.00	DES	EN1~	04:40.00	200
Muscle Output	K/P/S	50	x	4	1	S1	01:30.00	Tool Choice All Out!!	AN3	06:00.00	200
	SD	25	x	3	1	S1	03:00.00	Speed Check	AN3	09:00.00	75
Speed持久力	SD	100	x	2	1	S1	10:00.00	All Out!!	AN2	20:00.00	200
	SD	50	x	6	1	S1	04:00.00	100m前半以上	AN1	24:00.00	300
	PFS	100	x	2	1	S1	04:00.00	100m Target以上!!	AN1	08:00.00	200
	PFS	50	x	4	1	S1	02:00.00	50m Target以上!!	AN1	08:00.00	200
Down	D	100	x	4	1	Cho	02:00.00	Form Check	A1	08:00.00	400

Total Time	2:10:20
Total Distance	2975

INFORMATION

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NIIGATA & KANAGAWA TRAINING MENU

SHORT GIRLS⑤

2018.05.04 (FRI) 8:30-11:00

S.Tokunaga

Theme: Low Power

OBJECTIVE	STYLE	DISTANCE		TIME	SET	ITEM	CYCLE	MEMO	STRENGTH	TIME	DISTANCE
W-Up	KSPS	400	x	1	1	IM	08:00.00	Smooth	EN1	08:00.00	400
	K	100	x	4	1	Cho	01:50.00	Smooth	EN1~	07:20.00	400
	P	100	x	4	1	Cho	01:40.00	Smooth	EN1~	06:40.00	400
	S	100	x	4	1	IM	01:35.00	Smooth	EN1	06:20.00	400
Parts	K	100	x	4	3	4S	01:45.00	Set DES	EN1~	21:00.00	1200
	Scull	100	x	1	6	Scul	02:00.00	Front Scull	EN1	12:00.00	600
	P	100	x	1	6	IM	01:35.00		EN1	09:30.00	600
	S	200	x	8	1	IM	03:00.00	DES	EN1~	24:00.00	1600
	S	50	x	12	1	S1	01:10.00	Form/Hard * Stroke長	EN1/EN2	14:00.00	600
Down	D	100	x	4	1	Cho	02:00.00	Form Check & 筋刺激	A1	08:00.00	400

Total Time	2:07:50
Total Distance	6600

INFORMATION

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NIIGATA & KANAGAWA TRAINING MENU

SHORT GIRLS⑥

2018.05.04 (FRI) 16:00-18:30

S.Tokunaga

閾値強化/Kick強化

OBJECTIVE	STYLE	DISTANCE		TIME	SET	ITEM	CYCLE	MEMO	STRENGTH	TIME	DISTANCE
W-Up	KSPS	400	x	1	1	IM	08:00.00	Smooth	EN1	08:00.00	400
Form	K	50	x	4	1	Br	01:20.00	巻き足/Kick	EN1~	05:20.00	200
	D	50	x	4	1	Br	01:20.00	Hybrid Swim	EN1~	05:20.00	200
	S	50	x	4	1	Br	01:10.00	DES	EN1~	04:40.00	200
Kick強化	K	100	x	4	1	S1	01:40.00	Smooth	EN1~	06:40.00	400
	K	100	x	4	1	S1	02:00.00	1:30Cut!!	EN2~	08:00.00	400
	Cho	50	x	4	1	S1	01:20.00	Free Plan	EN1~	05:20.00	200
Muscle Output	S	50	x	4	1	S1	01:30.00		AN3	06:00.00	200
閾値強化	S	100	x	8	1	Fr	01:30.00	Best+10	EN2	12:00.00	800
	S	100	x	8	1	IM	02:00.00	200IM÷2	EN2	16:00.00	800
	S	100	x	8	1	S1	03:00.00	High Average !!	EN2~	24:00.00	800
Down	D	100	x	4	1	Cho	02:00.00	Form Check	A1	08:00.00	400

Total Time	2:10:20
Total Distance	5000

■INFORMATION■	★DRYLAND★
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NIIGATA & KANAGAWA TRAINING MENU

SHORT GIRLS⑦

2018.05.05 (SAT) 8:30-11:00

S.Tokunaga

Theme: Short Cycle

OBJECTIVE	STYLE	DISTANCE		TIME	SET	ITEM	CYCLE	MEMO	STRENGTH	TIME	DISTANCE
W-Up	KSPS	400	x	1	1	IM	08:00.00	Smooth	EN1	08:00.00	400
	K	100	x	4	1	Cho	01:50.00	Smooth	EN1~	07:20.00	400
	P	100	x	4	1	Cho	01:40.00	Smooth	EN1~	06:40.00	400
	S	100	x	4	1	IM	01:35.00		EN1	06:20.00	400
Pull強化	P	200	x	3	3	Fr	03:00.00	DPS DES	EN2	27:00.00	1800
Short Cycle	S	100	x	4	3	IIM	01:25.00	on7:00	EN2	17:00.00	1200
	S	100	x	4	3	S1	01:15.00	on6:30	EN2	15:00.00	1200
	S	50	x	2	3	S1	00:35.00	on4:00	EN2	03:30.00	300
Speed強化	PFS	50	x	4	1	S1	01:30.00	All Out !!	AN2	06:00.00	200
Down	D	100	x	4	1	Cho	02:00.00	Form Check	A1	08:00.00	400

Total Time	2:08:50
Total Distance	6700

INFORMATION

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NIIGATA & KANAGAWA TRAINING MENU

SHORT GIRLS®

2018.05.05 (SAT) 16:00-18:30

S.Tokunaga

Theme: Race Pace

OBJECTIVE	STYLE	DISTANCE		TIME	SET	ITEM	CYCLE	MEMO	STRENGTH	TIME	DISTANCE
W-Up	KSPS	400	x	1	1	IM	08:00.00	Smooth	EN1	08:00.00	400
Form	D	50	x	4	1	Fr	01:10.00	対角Tool * Entry~Glide	EN1~	04:40.00	200
	D	50	x	4	1	Fr	01:10.00	同Side Tool * Catch	EN1~	04:40.00	200
	S	50	x	4	1	Fr	01:10.00	DES	EN1~	04:40.00	200
	S	100	x	4	1	Fr	01:20.00	Smooth	EN1	05:20.00	400
Form	Cho	50	x	6	1	S1	01:20.00	Free Plan	EN1~	08:00.00	300
	S	50	x	4	1	S1	01:10.00	DES	EN1~	04:40.00	200
Muscle Output	K/P/S	25	x	4	1	S1	01:20.00	筋刺激	AN3	05:20.00	100
Race Pace	S	200	x	2	2	S1	04:00.00	2組 200m Image(50x4)	EN3	16:00.00	800
	S	200	x	2	2	S1	03:00.00	2組 200m Image(50/100/50)	EN3	12:00.00	800
	SD	100	x	2	2	S1	03:00.00	2組 100m Image(50/50)	AN2/AN1	12:00.00	400
Down	D	100	x	4	1	Cho	02:00.00		A1	08:00.00	400

Total Time	2:04:20
Total Distance	4400

■INFORMATION■

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NIIGATA & KANAGAWA TRAINING MENU

SHORT GIRLS ⑨

2018.05.06 (SUN) 8:30-11:00

S.Tokunaga

Theme: Speed持久力

OBJECTIVE	STYLE	DISTANCE		TIME	SET	ITEM	CYCLE	MEMO	STRENGTH	TIME	DISTANCE
W-Up	KSPS	400	x	1	1	IM	08:00.00	Smooth	EN1	08:00.00	400
	K	100	x	4	1	Cho	01:50.00	Smooth	EN1~	07:20.00	400
	P	100	x	4	1	Cho	01:40.00	Smooth	EN1~	06:40.00	400
	S	100	x	4	1	IM	01:35.00	Smooth	EN1	06:20.00	400
	S	50	x	6	1	S1	01:20.00	Free Plan	Cho	08:00.00	300
	S	50	x	4	1	S1	01:10.00	DES	EN1~	04:40.00	200
Muscle Output	K/P/S	50	x	4	1	S1	01:30.00	筋刺激	AN3	06:00.00	200
	SD	25	x	3	1	S1	03:00.00	Speed Check	AN3	09:00.00	75
Speed持久力	SD	100	x	2	1	S1	12:00.00	All Out!!	AN2	24:00.00	200
	SD	50	x	4	1	S1	04:00.00	100m前半以上	AN1	16:00.00	200
	PFS	50	x	4	1	S1	02:00.00	最大強度!!	AN1	08:00.00	200
Down	D	100	x	4	1	Cho	02:00.00	Form Check	A1	08:00.00	400

Total Time	2:04:00
Total Distance	3375

INFORMATION	★DRYLAND★
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