

## 2018 NIIGATA-KANAGAWA TOP ATHLETE TRAINING CAMP WORKOUT MENU

TEAM

DATE: 5月2日 AM 8:30-11:00

男子ML

	SKP	d	*	t	s	cycle	set description	time	total
W-UP	Swim	400	*	1	1	08:00	w/fin 100Fr100Ba100IM100IMrev	08:00	400
1	Swim	100	*	1	4	02:00	S1 25Drill25Swim	08:00	400
2	Swim	50	*	1	4	01:00	S1 HARD 1,3s=25HARD25Ez 2,4s=50HARD	04:00	200
3	Swim	100	*	4	2	01:20	w/pad, fin Fr Des to HARD	10:40	800
4	Pull	300	*	3	1	05:20	w/pad Fr Des to HARD	16:00	900
5	Pull	200	*	3	1	02:40	w/pad Fr Des to MAX	08:00	600
6	Drill	100	*	1	1	05:00	recovery choice	05:00	100
7	Kick	100	*	4	2	01:40	w/board, fin 1s=Fr 2s=S1 smooth	13:20	800
8	Kick	100	*	4	1	02:00	noboard 1-2t=dolphinK 3-4t=S1 50MAX50Ez	08:00	400
9	Drill	100	*	1	1	05:00	recovery choice	05:00	100
10	Swim	100	*	10	2	01:30	Fr 1s=8HARD2Ez 2s=4HARD2Ez4HARD	30:00	2000
11	Swim	50	*	8	1	01:00	Ez(Choice)-HARD(S1)/alt	08:00	400
12			*						
C-DN	Drill	400	*	1	1	10:00	100Boardkick+300Fr	10:00	400
							total	2:14:00	7500

## 2018 NIIGATA-KANAGAWA TOP ATHLETE TRAINING CAMP WORKOUT MENU

TEAM

DATE: 5月2日 PM16:00-18:30

男子ML

	SKP	d	*	t	s	cycle	set description	time	total
W-UP	Swim	100	*	4	2	01:40	Scull-IMorder-DolphinK(UW)-Fr DPS/25 w/fins	13:20	800
1	Swim	50	*	8	1	01:00	S1 Drill+Swim/25	08:00	400
2	Swim	75	*	1	8	01:20	w/pad, fin S1 DPS	10:40	600
3	Swim	25	*	1	8	00:40	w/pad, fin S1 HARD 25mfloating start	05:20	200
4	Swim	100	*	4	1	01:40	S1 Des to MAX	06:40	400
5	Drill	100	*	1	1	05:00	recovery choice	05:00	100
6	Pull	200	*	6	1	02:40	w/pad Fr smooth 3'-2'20"/alt	16:00	1200
7	Kick	100	*	6	1	01:50	item choice S1 smooth 2'-1'40/alt	11:00	600
8	Kick	100	*	4	1	02:00	S1 Des to MAX	08:00	400
9	Drill	100	*	1	1	05:00	recovery choice	05:00	100
10	Swim	200	*	4	2	02:50	Fr 1t=Des to HARD 2t=HARD	22:40	1600
11	Swim	100	*	1	2	03:00	recovery choice	06:00	200
12	Swim	100	*	4	1	02:00	Fr Ez-HARD/alt	08:00	400
C-DN	Drill	400	*	1	1	10:00	100Boardkick+300Fr	10:00	400
							total	2:15:40	7400

## 2018 NIIGATA=KANAGAWA TOP ATHLETE TRAINING CAMP WORKOUT MENU

TEAM

DATE: 5月3日 AM 8:30-11:00

男子ML

	SKP	d	*	t	s	cycle	set description	time	total
W-UP	Swim	400	*	1	1	08:00	SKPS/100 choice	08:00	400
1	Kick	100	*	4	1	01:55	noboard IM DPS	07:40	400
2	Pull	100	*	4	1	01:45	w/buoy IM DPS	07:00	400
3	Kick	200	*	4	1	03:30	IM noboard kick-swim/25	14:00	800
4	Pull	100	*	8	1	01:40	IM one hand paddle odd=R even=L	13:20	800
5	Swim	50	*	20	1	00:50	IM rotation/25 EH-HE-H/alt	16:40	1000
6	Drill	100	*	1	1	05:00	recovery choice	05:00	100
7	Swim	25	*	16	1	00:40	IMorder/4t 1-2t=paddleswim 3-4t=swim 15mPower	10:40	400
8	Drill	100	*	1	1	05:00	recovery choice	05:00	100
9	Swim	300	*	1	3	04:00	Fr smooth 6dolphin	12:00	900
10	Swim	200	*	1	3	03:00	IM HARD	09:00	600
11	Swim	200	*	1	3	02:40	Fr smooth 6dolphin	08:00	600
12	Swim	100	*	1	3	02:30	IM ALLOUT	07:30	300
C-DN	Drill	400	*	1	1	10:00	100Boardkick+300Fr	10:00	400
							total	2:13:50	7200

## 2018 NIIGATA=KANAGAWA TOP ATHLETE TRAINING CAMP WORKOUT MENU

TEAM

DATE: 5月3日 PM16:00-18:30

男子ML

	SKP	d	*	t	s	cycle	set description	time	total
W-UP	Swim	400	*	1	1	08:00	SKPS/100 choice	08:00	400
1	Swim	50	*	12	1	00:50	w/fin Fr HARD(AT)	10:00	600
2	Drill	50	*	3	4	01:00	Choice 1-2t Drill+Swim 3t=15H35E	12:00	600
3	Swim	50	*	8	1	00:50	IMorder/2t DPS	06:40	400
4	Kick	100	*	8	1	01:50	w/fins odd=↓ →← ↑/25 even=Wide-Narrow/50	14:40	800
5	Kick	50	*	4	1	01:10	w/board S1 25MAX25Ez	04:40	200
6	Pull	200	*	3	1	03:00	w/pad Fr-IM-S1/1t DPS	09:00	600
7	Pull	50	*	4	2	00:50	1s=Fr 2s=S1 HE-EH-E-H/alt	06:40	400
8	Drill	100	*	1	1	05:00	recovery choice	05:00	100
9	Swim	100	*	5	2	01:20	Fr Des to HARD	13:20	1000
10	Swim	100	*	4	2	01:30	S1 (IM=order) HARD	12:00	800
11	Swim	100	*	3	2	01:40	S1 (IM=order) HARD	10:00	600
12	Swim	100	*	2	2	02:00	S1 (IM=order) HARD	08:00	400
C-DN	Drill	400	*	1	1	10:00	100Boardkick+300Fr	10:00	400
							total	2:10:00	7300

## 2018 NIIGATA=KANAGAWA TOP ATHLETE TRAINING CAMP WORKOUT MENU

TEAM

DATE: 5月4日 AM 8:30-11:00

男子ML

	SKP	d	*	t	s	cycle	set description	time	total
W-UP	Drill	500	*	1	1	10:00	STArm・FingerNail Touch・Sculling・GooSwim・OneLeg	10:00	500
1			*				Hup・SingleArm・Catchup・Hup-SingleArm, Swim/50m		
2	Kick	50	*	3	4	01:00	item choice S1 1-2t=DPS 3t=25H25Ez	10:00	200
3	Pull	50	*	6	2	01:00	item choice S1 1-3,4-6t=Des to HARD	12:00	600
4	Swim	50	*	4	2	01:00	odds=Drills as you like evens=Des to HARD	12:00	800
5	Swim	200	*	1	4	03:00	IM DPS	08:00	400
6	Swim	100	*	3	4	01:40	S1 DPS	20:00	1200
7	Drill	100	*	1	1	05:00	recovery choice	05:00	100
8	Drill	50	*	2	1	02:00	Fr Dive→けのび→戻ってくる	04:00	100
9	Swim	50	*	2	1	02:00	Fr Dive 15mDolphinKHARD	04:00	100
10	Swim	50	*	2	1	03:00	Choice DIVE 25ALLOUT25Ez	12:00	600
11	Swim	100	*	2	1	05:00	Choice DIVE 50ALLOUT	06:00	100
12			*						
C-DN	Drill	400	*	1	1	10:00	100Boardkick+300Fr	10:00	400
							total	1:53:00	5100

## 2018 NIIGATA=KANAGAWA TOP ATHLETE TRAINING CAMP WORKOUT MENU

TEAM

DATE: 5月4日 PM16:00-18:30

男子ML

	SKP	d	*	t	s	cycle	set description	time	total
W-UP	Swim	400	*	1	1	08:00	Choice 25mDIVE HARD	08:00	400
1	Swim	50	*	8	1	01:00	Drill+Swim/25	08:00	400
2	Swim	50	*	3	4	00:50	w/pad, fin Fr 1-2t=DPS 3t=25H25Ez	10:00	600
3	Swim	400	*	3	1	05:20	Fr Des to HARD	16:00	1200
4	Swim	50	*	4	1	01:00	recovery choice	04:00	200
5	Swim	200	*	3	1	03:00	Fr Des to HARD	09:00	600
6	Drill	100	*	1	1	05:00	recovery choice	05:00	100
7	Kick	50	*	3	4	01:00	w/board odds=1' DPS evens=50''(+SR30'') HARD	12:00	600
8	Pull	100	*	6	1	01:40	item choice S1 Form(軸)意識して	10:00	600
9	Drill	100	*	1	1	05:00	recovery choice	05:00	100
10	Swim	200	*	3	1	08:00	S1 HARD Set(50*4@40''/50'')	24:00	600
11	Swim	100	*	1	1	03:00	recovery choice	03:00	100
12	Swim	100	*	2	1	05:00	S1 HARD Set(50*2@50''/1')	10:00	200
C-DN	Drill	500	*	1	1	10:00	100Boardkick+400Fr	10:00	500
							total	2:14:00	6200

## 2018 NIIGATA=KANAGAWA TOP ATHLETE TRAINING CAMP WORKOUT MENU

TEAM

DATE: 5月5日 AM 8:30-11:00

男子ML

	SKP	d	*	t	s	cycle	set description	time	total
W-UP	Swim	100	*	4	3	01:40	Scull-IMorder-DolphinK(UW)-Fr DPS/25 w/fins	20:00	1200
1	Swim	200	*	3	1	02:40	w/pad, fin Fr DPS(Long Stroke)	08:00	600
2	Swim	150	*	4	1	02:00	w/fin IM(Fr以外) Des to HARD	08:00	600
3	Swim	100	*	6	1	01:30	noitem Fr HARD	09:00	600
4	Drill	100	*	1	1	05:00	recovery choice	05:00	100
5	Kick	200	*	3	1	03:20	w/fin odd=↓→←↑/50 even=IM	10:00	600
6	Kick	50	*	10	1	01:10	item choice S1 Ez-HARD/alt	11:40	500
7	Drill	100	*	1	1	05:00	recovery choice	05:00	100
8	Pull	100	*	8	1	01:40	nopaddle IMorder/1t DPS	13:20	800
9	Pull	50	*	10	1	01:00	item choice S1 Ez-HARD/alt	10:00	500
10	Drill	100	*	1	1	05:00	recovery choice	05:00	100
11	Swim	50	*	16	1	01:00	w/fin, pad IMorder/4t HE-EH-E-H/1t	16:00	800
12			*						
C-DN	Drill	400	*	1	1	10:00	100Boardkick+300Fr	10:00	400
							total	2:11:00	6900

## 2018 NIIGATA=KANAGAWA TOP ATHLETE TRAINING CAMP WORKOUT MENU

TEAM

DATE: 5月5日 PM16:00-18:30

男子ML

	SKP	d	*	t	s	cycle	set description	time	total
W-UP	Swim	400	*	1	1	08:00	Choice 25mDIVE HARD	08:00	400
1	Swim	50	*	3	4	01:00	item choice Fr 1-2t=Scull+DPS 3t=25H25Ez	12:00	600
2	Kick	600	*	1	1	10:00	1t=w/fin Locomotive(25HE50HE75HE75HE50HE25HE)	10:00	600
3	Kick	100	*	1	2	02:00	S1 smooth	04:00	200
4	Kick	50	*	2	2	01:00	S1 Bup to HARD 20-20-10	04:00	200
5	Kick	50	*	2	2	01:30	S1 HARD	06:00	200
6	Pull	200	*	3	1	03:00	w/pad Fr Des to HARD 1t=50*4 2t=100*2 3t=200*1	09:00	600
7	Drill	100	*	1	1	05:00	recovery choice	05:00	100
8	Swim	50	*	6	1	01:00	S1 HARD !	06:00	300
9	Swim	50	*	6	1	01:30	S1 HARD ! !	09:00	300
10	Swim	50	*	6	1	02:00	S1 HARD ! ! !	12:00	300
11	Swim	50	*	6	1	03:00	S1 DIVE HARD ! ! ! !	18:00	300
12	Swim	50	*	20	1	01:00	1-8t=Scull(F/M/R/Mix) 9-16t=Drill 17-20t=DPS	20:00	1000
C-DN	Drill	400	*	1	1	10:00	100Boardkick+300Fr	10:00	400
							total	2:13:00	5500

## 2018 NIIGATA=KANAGAWA TOP ATHLETE TRAINING CAMP WORKOUT MENU

TEAM

DATE: 5月6日 AM 8:30-11:00

男子ML

	SKP	d	*	t	s	cycle	set description	time	total
W-UP	Swim	400	*	1	1	06:00	w/fin 100Fr100Ba100IM100IMrev	06:00	400
1	Swim	30	*	2	1	05:00	Fr Dive-15mKickHARD-Turn-15mSwimHARD relay	10:00	60
2	Swim	100	*	20	1	01:20	w/fin Fr HARD(AT)	26:40	2000
3	Pull	100	*	3	3	01:30	Fr Knuckle Paddle Des1-3 PAD:1s=R 2s=L 3s=RL	13:30	900
4	Swim	25	*	1	4	00:30	PaddleSwim 25HARD(15mUW) 15mまで移動	02:00	100
5	Swim	25	*	1	4	00:30	PaddleSwim 15mHARD(Floating Start)	02:00	100
6	Drill	100	*	1	1	05:00	recovery choice	05:00	100
7	Swim	50	*	8	1	01:00	Fr 1-4t=Drill+Swim/25 5-7t=Des to HARD 8t=Ez	08:00	400
8	Swim	100	*	4	1	01:20	Fr Des to MAX	05:20	400
9	Swim	50	*	8	1	01:00	S1 1-4t=Drill+Swim/25 5-7t=Des to HARD 8t=Ez	08:00	400
10	Swim	100	*	4	1	01:40	S1 Des to MAX	06:40	400
11	Drill	100	*	1	1	05:00	recovery choice	05:00	100
12	Swim	100	*	1	1	10:00	S1 DIVE ALLOUT	10:00	100
C-DN	Drill	800	*	1	1	12:00	200Boardkick+600choice	12:00	800
							total	2:00:10	6260