



AM	8:30-11:00 (2.5h)	<b>TEAM-MIDDLE (WOMAN)</b>	担当: 近藤 優	18/5/3	THU	
D P P	プール(50m)	【DRYLAND】KANAZAWA COACH MENU			<b>GW2-③</b>	
	Rep Dis	Description	Cycle	System	Total	
W-UP	1 × 800	CHO SKP(200), S 50*4 W/BALL CHO FORMING +10"REST	20:00	A1	800	
DR	4 × 50	W/SNORKEL, BUOY FR OL(R)-SC, OL(L)-S(25)/OL(L)-SC, OL(R)-S(25)	1:30	A2	200	
	8 × 50	1-4 FR DOG-SC, S(25)/5-8 CHO DR, S(25)	1:00	A2	400	
PKS	3 × 300	PKS(100) P=N/PAD FR HYP2-2-3(100)/K=N/BOD FLY SLD, KOB(25)/S=BA, FR(25)	5:30	EN1	1200	
S	6 × 100	ODD=CHO SMOOTH 1:30/EVEN=FR H(15), E(25), H(20), E(25), H(15) 2:00		EN4	150	
	REST 6 min				A2	150
S	12 × 50	3R( 50*4 FLY TARGET) 1R=EN1/2R=EN2/3R=EN2↑	0:50	EN1	800	
	6 × 100	(100*2 BA TARGET) 1R=EN1/2R=EN2/3R=EN2↑	1:40	EN2	1600	
	12 × 50	( 50*4 BR* TARGET) 1R=EN1/2R=EN2/3R=EN2↑ *DOLPHIN-BR	0:50		0	
	3 × 200	▼(200*1 FR TARGET) 1R=EN1/2R=EN2/3R=EN2↑	2:40		0	
	×	*50mPACE=FLY·BA·BR(0:50)/FR(0:40) ROUND REST 1:00			0	
LS	1 × 50	CHO LOOSEN *RETURN OF 25m	3:00	A1	50	
VSP	12 × 50	PRIM 3R(50*4 1 SM, H(25)/2 POW(15), E(35)/3 SM, H(25)/4 POW, E(25))	1:00	EN2	150	
	×	*IM=PRIM(YOURSELF) NO ROUND REST		AN3	120	
DW	1 × 500	P 100*3 N/PAD BA, SC, BR, FR(25) +15"REST, 200 CHO COOL DOWN	12:30	A1	830	
	×				0	
	×				0	
<b>5W</b>	<b>IM-Alt1</b>	イハレ・全中 8/17 104日	国体 9/15 132日	<b>TOTAL 6450</b>		

PM	16:00-18:30 (2.5h)	<b>TEAM-MIDDLE (WOMAN)</b>	担当: 近藤 優	18/5/3	THU	
D P P	プール(50m)	【DRYLAND】KANAZAWA COACH MENU			<b>GW2-④</b>	
	Rep Dis	Description	Cycle	System	Total	
W-UP	1 × 400	C/TOOL CHO SKPS(100)	10:00	A1	400	
DR	8 × 50	CHO DR, S(25) /	1:10	A2	400	
S	4 × 50	CHO S+T DES	1:00	EN1	200	
KP	8 × 100	C/TOOL K/P 4EA K=CHO SELF 2:00/P=CHO SELF 1:40 /		EN1	1000	
	8 × 50	C/TOOL K/P 4EA K=PRIM VSP(EN2) 1:10/P=PRIM VSP(EN2) 1:00		EN2	200	
S	6 × 100	CHO 1-4 DES TO EN2/5-6 HOLD EN2	1:40	EN1	300	
	REST 6 min				EN2	300
SPR	4 × 50	CHO I. A. P(10-15-20-25m 1EA), E(-) REST 1:40	1:20	AN3	70	
	×			A1	130	
S	20 × 100	FR/PRIM ALT "DIE HARD" *BEST EFFORT!	2:00	EN4	1000	
	×	*IM=1-16 FLY/BA/BR/FR 4EA/17-20 IMO 1EA TRY		AN1	1000	
	×				0	
KPS	3 × 200	C/TOOL CHO K/P/S 1EA SP(10), FROM(90) +20"REST		AN3	60	
DW	1 × 400	DR 50*4 W/FINS BA WA, S(25) +10"REST, 200 CHO COOL DOWN	10:00	A1	940	
	×				0	
	×				0	
	×				0	
<b>5W</b>	<b>Lac-T</b>	イハレ・全中 8/17 104日	国体 9/15 132日	<b>TOTAL 6000</b>		

AM	8:30-11:00 (2.5h)	<b>TEAM-MIDDLE (WOMAN)</b>	担当: 近藤 優	18/5/4	FRI
D P P	プール(50m)	【DRYLAND】KANAZAWA COACH MENU			<b>GW2-⑤</b>
	Rep Dis	Description	Cycle	System	Total
W-UP	1 × 300	N/FINS CHO SKP(100) *REVERSE TRAFFIC		A1	300
DR	6 × 50	W/RING, BUOY, SNORKEL CHO SC-DRILL(*)	1:30	A2	300
	×	*FRO-SC, FIN-SC(25)/MOVE3, UWP(25) ALT *REVERSE TRAFFIC			0
	3 × 100	W/FINS CHO KRLS(25) *REVERSE TRAFFIC	1:40	A2	300
	6 × 50	W/FINS BA WA, S(25)/S-A3, FT3(25) ALT *REVERSE TRAFFIC	1:10	A2	300
	×				0
PKS	3 × 300	3R(P 300*1) 1-3R=W/PAD FR WS, NS, HYP2-2-3(50)	4:15	EN1	900
	9 × 100	(K 100*3) 1-2R=N/BOD FLY SLD, KOB(25)/3R=W/BOD, SNORKEL FR	2:00	EN1	900
	18 × 50	(S 50*6) 1R=FR(FLY-KICK) SMOOTH/2R=BR(FLY-KICK) SMOOTH	1:00	EN1	900
	×	3R=FLY(FR-KICK) SMOOTH ROUND REST 0:30			0
	REST 6 min				0
S	16 × 100	1-4 FR DES TO EN1 1:30/5-8 IM DES TO EN1 1:40/		EN1	1600
	×	9-12 FR HOLD EN1 1:30/13-16 IM HOLD EN1 1:40			0
	×				0
DW	1 × 400	DR 50*4 CHO TECH, FORM(25) +10"REST, 200 CHO COOL DOWN	10:00	A1	400
	×				0
	×				0
<b>5W</b>	<b>RECOVERY</b>	イハレ・全中 8/17 103日	国体 9/15 131日	<b>TOTAL 5900</b>	

PM 16:00-18:30 (2.5h)

**TEAM-MIDDLE (WOMAN)**  
【DRYLAND】KANAZAWA COACH MENU

担当：近藤 優 18/5/4

FRI  
**GW2-⑥**

D P P プール(50m)

	Rep	Dis	Description	Cycle	System	Total
W-UP	2 ×	400	1 CHO SKPS(100)/2 IM SKPS(100) +15"REST		A1	800
DR	8 ×	50	IMO 2EA SC, S(25) 1:10/RA2-LA2-REG4(50) 1:00 ALT		EN1	400
K	6 ×	100	1-3 N/BOD CHO LAST 15m NOB/4-6 W/BOD FR HEEH(25)	2:00	EN1	750
P	3 ×	200	C/PAD FR EHEH(50)/EH(100)/HE(100) 1EA	3:00	EN2	450
SPR	8 ×	50	W/SNORKEL 2R(50*4 VSP) 1R=FR/2R=FLY	1:10	AN3	200
			REST 6 min		A1	200
<u>S</u>	3 ×	100	3R(100*1 SMOOTH) 1R=FR 1:40/2R=FR 1:30/3R=FLY 1:40		A2	300
	3 ×	100	(100*1 HARD) 1R=IM 1:40/2R=FR 1:30/3R=FLY 1:40		EN2	300
	6 ×	100	(100*2 SMOOTH) 1R=FR 1:40/2R=FR 1:30/3R=FLY 1:40		A2	600
	6 ×	100	(100*2 HARD) 1R=IM 1:40/2R=FR 1:30/3R=FLY 1:40		EN3	600
	9 ×	100	(100*3 SMOOTH) 1R=FR 1:40/2R=FR 1:30/3R=FLY 1:40		A2	900
	9 ×	100	▼(100*3 HARD) 1R=IM 1:40/2R=FR 1:30/3R=FLY 1:40		EN4	900
	×					0
						ROUND REST 1:00
TECH	4 ×	50	W/BUOY(*H), FINS BA BOARD-KICK, KAYAK(25) +10"REST		A2	200
DW	1 ×	400	S 100*2 BA WA, S(25) +10"REST, 200 CHO COOL DOWN	10:00	A1	400
	×					0
	×					0
<b>5W</b>	<b>FLY-V02max</b>	イハハ・全中	8/17 103日	国体	9/15 131日	<b>TOTAL 7000</b>

AM 8:30-11:00 (2.5h)

**TEAM-MIDDLE (WOMAN)**  
【DRYLAND】KANAZAWA COACH MENU

担当：近藤 優 18/5/5

SAT  
**GW2-⑦**

D P P プール(50m)

	Rep	Dis	Description	Cycle	System	Total
W-UP	1 ×	600	CHO SKS(100), P 50*6 W/PAD(*H) BA WA, S(25)/CHO CIRCLE-SC, S(25) ALT +10"REST	15:00	A1	600
DR	8 ×	50	1-4 IMO 1EA SC, S(25) 1:10/5-8 CHO DR, S(25) 1:00		A2	400
KP	6 ×	100	W/SNORKEL K/P 3EA K=CHO SMOOTH 2:10/P=CHO SMOOTH 1:50		EN1	600
S	12 ×	50	3R(50*4 IMO 1EA) SET PROGRESS 1R=1:00/2R=0:55/3R=0:50		EN1	600
SPR	4 ×	50	IMO 1EA POWER(PO 5~25m), E(25)	1:30	AN3	80
			REST 6 min		A1	120
<u>S</u>	3 ×	200	3R(200*1 FR TARGET) 1R=EN1/2R=EN2/3R=EN2↗	2:40	EN1	1000
	6 ×	150	(150*2 BR* TARGET) 1R=EN1/2R=EN2/3R=EN2↗ *DOLPHIN-BR	2:30	EN2	2000
	9 ×	100	(100*3 BA TARGET) 1R=EN1/2R=EN2/3R=EN2↗	1:40		0
	12 ×	50	▼(50*4 FLY TARGET) 1R=EN1/2R=EN2/3R=EN2↗	0:50		0
	×		*50mPACE=FLY・BA・BR(0:50)/FR(0:40)			0
						ROUND REST 1:00
LS	1 ×	50	CHO LOOSEN *RETURN OF 25m	3:00	A1	50
SPR	8 ×	50	W/FINS, PAD IMO(S4/S3/S2/S1) 2EA E/FAST! ALT	1:20	AN1	200
DW	1 ×	400	DR 50*4 W/BALL CHO CHECK FORM +10"REST, 200 CHO COOL DOWN & RELAX	10:00	A1	600
	×					0
	×					0
	×					0
<b>5W</b>	<b>IM-Ant2</b>	イハハ・全中	8/17 102日	国体	9/15 130日	<b>TOTAL 6250</b>

PM 16:00-18:30 (2.5h)

**TEAM-MIDDLE (WOMAN)**  
【DRYLAND】KANAZAWA COACH MENU

担当：近藤 優 18/5/5

SAT  
**GW2-⑧**

D P P プール(50m)

	Rep	Dis	Description	Cycle	System	Total
W-UP	1 ×	400	C/TOOL CHO SKP(100), S 50*2 W/BALL CHO CHECK +10"REST	10:00	A1	400
DR	12 ×	50	1-4 IMO 1EA SC, S(25)/5-8 CHO DR, S(25)/9-12 PRIM S+T	1:00	A2	600
P	4 ×	150	C/TOOL CHO SELF	2:15	EN1	600
K	5 ×	100	C/TOOL CHO SELF	2:00	EN1	500
S	8 ×	50	PRIM 1-4 DES TO EN2 1:00/5-8 VSP 1:10		EN2	50
	×				AN3	100
			REST 6 min		A1	250
			"200m BROKEN SET" ~ Get a Tough Body ~			0
<u>S</u>	36 ×	50	9R(50*4 BEST EFFORT *1T=FD TRY!) ROUND REST 3:00		EN4	600
	×		1-3R=FR 0:40/4-6R=PRIM 0:45/7-9R=PRIM 0:50 TRY!		AN1	1200
	×					0
DW	12 ×	100	C/TOOL CHO K/P/S 4EA SP(10), FROM & RECOVERY(90) +15"REST		AN3	120
	×				A1	1080
	×					0
	×					0
	×					0
	×					0
<b>5W</b>	<b>BROKEN</b>	イハハ・全中	8/17 102日	国体	9/15 130日	<b>TOTAL 5500</b>

