

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

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

担当：近藤 優 18/5/3

THU
GW2-③

D P P プール(50m)

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
5W	IM-Ant1	ｲﾝﾊﾟｲ・全中 8/17 104日	国体 9/15 132日	TOTAL	6450

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

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

担当：近藤 優 18/5/3

THU
GW2-④

D P P プール(50m)

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
5W	Lac-T	ｲﾝﾊﾟｲ・全中 8/17 104日	国体 9/15 132日	TOTAL	6000

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

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

担当：近藤 優 18/5/4

FRI
GW2-⑤

D P P プール(50m)

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
5W	RECOVERY	ｲﾝﾊﾟｲ・全中 8/17 103日	国体 9/15 131日	TOTAL	5900

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
S	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
		ROUND REST 1:00			0
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
5W	FLY-V02max	インハイ・全中 8/17 103日	国体 9/15 131日	TOTAL	7000

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
S	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) ROUND REST 1:00			0
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
5W	IM-Ant2	インハイ・全中 8/17 102日	国体 9/15 130日	TOTAL	6250

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
		REST 6 min		AN3	100
		"200m BROKEN SET" ~ Get a Tough Body ~		A1	250
S	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
5W	BROKEN	インハイ・全中 8/17 102日	国体 9/15 130日	TOTAL	5500

