

Itoman Kouhoku		19/9/20/Fri		PM							
SWIM TEAM		Middle				102					
W-up	400 X	1		SKPS	A1	400	8	A1	900	19.6%	
	100 X	4 X	2 1'30	1s-Fr 2s-IM	EN1	800	12	KP1	600	13.0%	
	50 X	4	1'	Fr Des to Hard	EN2	200	4	KP2	1000	21.7%	
P	100 X	6	1'40	IM Switch	KP1	600	10	KP3	200	4.3%	
	100 X	4	2'	Fr Des to Fast	KP2	400	8	EN1	800	17.4%	
K	100 X	6	1'45	IM no Board	KP2	600	12	EN2	1000	21.7%	
	50 X	4	1'20	S1 H/E, H	KP3	200	6	EN3	0	0.0%	
E	100 X	1			A1	100	5	AN1	100	2.2%	
S	50 X	10	1'	Cho Drill&Form	EN2	500	10	AN2	0	0.0%	
	50 X	6	1'10	1-3Des to Hard	EN2	300	7	AN3	0	0.0%	
	50 X	2		S1 Dive Max	AN1	100	10	TOT	4600		
D	400 X	1			A1	400	10				

Itoman Kouhoku		19/9/21/Sat		AM							
SWIM TEAM		Middle				117					
W-up	400 X	1		SKPS	A1	400	8	A1	900	12.9%	
	100 X	4 X	2 1'30	1s-Fr 2s-IM	EN1	800	12	KP1	800	11.4%	
	50 X	4	1'	Fr Des to Hard	EN2	200	4	KP2	1300	18.6%	
P	200 X	4	3'	IM Smooth	KP1	800	13	KP3	0	0.0%	
	100 X	4	2'	Fr Des to Hard	KP2	400	8	EN1	800	11.4%	
K	50 X	6 X	3 50"	1s-Ba 2s-Fly 3s-Fr on Board	KP2	900	15	EN2	2600	37.1%	
E	100 X	1			A1	100	5	EN3	0	0.0%	
S	400 X	4	6'	1t-100IM 2t-200IM 3.4t-IM	EN2	1600	24	AN1	600	8.6%	
	100 X	4	2'	S1 Easy/3Max	AN1	400	4	AN2	0	0.0%	
	200 X	4	3'	IM Smooth	EN2	800	12	AN3	0	0.0%	
	50 X	4	1'	S1 Easy/3Max	AN1	200	2	TOT	7000		
D	400 X	1			A1	400	10				

Itoman Kouhoku		19/9/21/Sat		PM							
SWIM TEAM		Middle				115					
W-up	400 X	1		SKPS	A1	400	8	A1	900	14.8%	
	100 X	4 X	2 1'30	1s-Fr 2s-IM	EN1	800	12	KP1	800	13.1%	
	50 X	4	1'	Fr Des to Hard	EN2	200	4	KP2	1600	26.2%	
K	100 X	6	4t-1'40 rest20" 2t-1'30	Fr Hard	KP2	600	10	KP3	0	0.0%	
	100 X	4	2'	Fr Des to Hard	KP2	400	8	EN1	2000	32.8%	
P	100 X	4	1'40	Fr Straight/Head/50	KP1	400	8	EN2	200	3.3%	
	100 X	4	1'50	Fr Dog/Finger	KP1	400	8	EN3	600	9.8%	
	100 X	6	1'20	Fr Des to Hard	KP2	600	8	AN1	0	0.0%	
E	100 X	1			A1	100	5	AN2	0	0.0%	
S	50 X	6 X	4 40"	Fr Smooth rest30"	EN1	1200	16	AN3	0	0.0%	
	50 X	3 X	4 1'30	IM/1s or S1 Max	EN3	600	18	TOT	6100		
D	400 X	1			A1	400	10				

Itoman Kouhoku		19/9/22/Sun		AM							
SWIM TEAM		Middle				112					
W-up	400 X	1		SKPS	A1	400	8	A1	900	15.5%	
	100 X	4 X	2	1'30	1s-Fr 2s-IM	EN1	800	12	KP1	500	8.6%
	50 X	4		1'	Fr Des to Hard	EN2	200	4	KP2	0	0.0%
S	100 X	10		1'20	Fr High Ave	EN3	1000	15	KP3	400	6.9%
P	25 X	20		40"	IM/5t on Ankle Buoy	KP1	500	13	EN1	1000	17.2%
	25 X	16		35"	IM/2t Max/Easy	KP3	400	10	EN2	200	3.4%
E	100 X	1				A1	100	5	EN3	2400	41.4%
S	100 X	8		1'40	IM/2t Fast	EN3	800	13	AN1	400	6.9%
	100 X	1		1'40	Fr Smooth	EN1	100	2	AN2	0	0.0%
	100 X	6		2'	Fr High Ave	EN3	600	12	AN3	0	0.0%
	100 X	1		2'	Fr Smooth	EN1	100	2	TOT	5800	
	100 X	4		3'	S1 Max effort	AN1	400	6			
D	400 X	1				A1	400	10			

Itoman Kouhoku		19/9/22/Sun		PM							
SWIM TEAM		Middle				113					
W-up	400 X	1		SKPS	A1	400	8	A1	900	15.0%	
	100 X	4 X	2	1'30	1s-Fr 2s-IM	EN1	800	12	KP1	1200	20.0%
	50 X	4		1'	Fr Des to Hard	EN2	200	4	KP2	0	0.0%
K	50 X	8		1'	Fr Smooth on Snorkel	KP1	400	8	KP3	700	11.7%
	25 X	12		35"	Fr Max/Easy/1t	KP3	300	7	EN1	800	13.3%
P	200 X	4		2'45	Fr Smooth on Snorkel	KP1	800	11	EN2	200	3.3%
	100 X	4		2'	IM Des to Hard	KP3	400	8	EN3	1800	30.0%
E	100 X	1				A1	100	5	AN1	400	6.7%
S	75 X	4 X	2	1'15	Fly Hard	EN3	600	10	AN2	0	0.0%
	100 X	4 X	2	1'30	Ba Pace	EN3	800	12	AN3	0	0.0%
	50 X	4 X	2	1'	Br Pace	EN3	400	8	TOT	6000	
	50 X	4 X	2	1'15	Fr 1E 3H	AN1	400	10			
D	400 X	1				A1	400	10			

Itoman Kouhoku		19/9/23/Mon		AM							
SWIM TEAM		Middle				111					
W-up	400 X	1		SKPS	A1	400	8	A1	900	20.5%	
	100 X	4 X	2	1'30	1s-Fr 2s-IM	EN1	800	12	KP1	0	0.0%
S	25 X	4			S1 Dive Max	AN3	100	10	KP2	800	18.2%
P	100 X	4		2'	Cho Des to Fast	KP2	400	8	KP3	400	9.1%
	50 X	4		1'20	Cho H/E, H/E, E, H	KP3	200	6	EN1	1200	27.3%
K	100 X	4		2'	Cho Des to Fast	KP2	400	8	EN2	0	0.0%
	50 X	4		1'20	Cho H/E, H/E, E, H	KP3	200	6	EN3	0	0.0%
S	50 X	8		1'	Cho Drill&Form	EN1	400	8	AN1	1000	22.7%
E	100 X	1				A1	100	5	AN2	0	0.0%
S	50 X	20		1'30	S1 Fr Max	AN1	1000	30	AN3	100	2.3%
D	400 X	1				A1	400	10	TOT	4400	

	Itoman Kouhoku				19/9/23/Mon				PM				
	SWIM TEAM				Middle						93		
W-up	400 X	1			SKPS	A1	400	8	A1	800	15.7%		
	100 X	4 X	2	1'30	1s-Fr 2s-IM	EN1	800	12	KP1	0	0.0%		
	50 X	4		1'	Fr Des to Hard	EN2	200	4	KP2	0	0.0%		
S	100 X	8		1'30	Fr Smooth rest30"	EN1	800	5	KP3	0	0.0%		
	100 X	6		1'20	Fr Pace up rest30"	EN2	600	8	EN1	2600	51.0%		
	100 X	4		1'15	Fr High Ave	EN3	400	12	EN2	800	15.7%		
S	300 X	2		4'30	IM Smooth	EN1	600	9	EN3	400	7.8%		
	100 X	2		2'	S1 Easy/Max	AN1	200	4	AN1	500	9.8%		
	200 X	2		3'	IM Smooth	EN1	400	6	AN2	0	0.0%		
	50 X	4		1'15	S1 1E3H	AN1	200	5	AN3	0	0.0%		
	100 X	2		1'15	Fr Smooth	EN1	200	6	TOT	5100			
	50 X	2			S1 1E1H	AN1	100	4					
D	400 X	1				A1	400	10					