

DATE	2014/12/25	(THU)	AM	9:45	~	11:45	Team	B Team	Main Training			
No.	work	set	rep	dis	interval	style	discription			str	total	time table
1	W-up	1	8	50	01:00	IM	1t-4tJog 5t-8tIM-O			1	400	0:08:00
2	Kick	4	3	50	01:05	IM	1t2tBord 3tNo-Bord(ストリームラインK)			3	600	0:13:00
		1	6	25	01:10	Fr	Bord MAX ※2人1組♪			9	150	0:07:00
		1	8	50	01:30	IM	by1t 1t-4tH/E 5t-8tMAX			6	400	0:12:00
3	Swim	4	2	75	01:30	IM	B-up ※25mずつスピードUP			4	600	0:12:00
		4	4	25	00:50	IM	V.スプリント ※1tH/E 2tE/H 3tE 4tMAX			7	400	0:13:20
4	Easy	1	1	100	05:00					1	100	0:05:00
5	Swim	1	5	200	03:20	IM	O=IM E=IM-R Hard			5	1000	0:16:40
6	SC	1	6	25	01:00	Choice	1t2tフロント 3t4tフロント~プッシュ 5t6t各自			2	150	0:06:00
7	Down	1	1	200	06:00	Choice	各自			1	200	0:06:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
TOTAL										4000	1:39:00	

DATE	2014/12/25	(THU)	PM	3:00	~	5:00	Team	A&B Team	Main Training				
No.	work	set	rep	dis	interval	style	discription			str	total	time table	
1	W-up	1	8	50	01:00	IM-R	by2t			1	400	0:08:00	
2	Pull	1	8	50	01:10	IM-R	Fr60"	Br70"	Fly&Ba65"	by2t	3	400	0:09:20
		1	↓3	50	01:10	S1	H/E E/H MAX			7	150	0:03:30	
3	Kick	1	8	50	01:10	IM	Bord by2t			3	400	0:09:20	
		1	↓6	50	01:30	S1	Hard			5	300	0:09:00	
4	Swim	1	8	50	01:00	IM	Form			3	400	0:08:00	
		1	↓4	75	01:40	S1	1t2tB-up 3t4tHard			5	300	0:06:40	
5	Easy	1	1	100	05:00	Choice				1	100	0:05:00	
6	Kick	1	4	50	01:30	S1	H/E ※メリハリ!!			7	200	0:06:00	
	Pull	1	4	50	01:15					7	200	0:05:00	
	Swim	1	↓4	50	01:15					7	200	0:05:00	
7	Swim	1	12	50	02:00	S1	All Out			6	600	0:24:00	
8	Down	1	1	100	05:00	Choice				1	100	0:05:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
TOTAL										3750	1:43:50		

DATE	2014/12/26	(FRI)	AM	9:45	~	11:45	Team	B Team	Main Training				
No.	work	set	rep	dis	interval	style	discription			str	total	time table	
1	W-up	1	8	50	01:00	IM	1t-4tJog 5t-8tIM-O			1	400	0:08:00	
2	Drill	4	2	50	01:15	IM	Br=2K1P/2P1K 他=OAS			2	400	0:10:00	
3	Swim	4	3	50	01:00	IM	Des to MAX			5	600	0:12:00	
4	Easy	1	1	50	05:00	cho				1	50	0:05:00	
5	Swim	4	1	12.5	01:00	IM/Fr	STD	1setFly 2setBa 3setBr 4setFr			9	50	0:04:00
		4	1	25	01:00		Turn				9	100	0:04:00
		4	√1	12.5	01:00		Goal				9	50	0:04:00
6	Easy	1	1	50	05:00	Choice					50	0:05:00	
7	Swim	1	6	75	01:30	IM	O=Fr E=IM-O SetRest60" Hard			4	450	0:09:00	
		1	6	75	01:20					5	450	0:08:00	
		1	√6	75	01:15					6	450	0:07:30	
8	Easy	1	1	50	05:00	cho				1	50	0:05:00	
9	Swim	4	4	25	00:50	IM	V.スプリント			7	400	0:13:20	
10	Down	1	1	400	10:00	Choice				1	400	0:10:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
											0	0:00:00	
TOTAL										3900	1:44:50		

DATE	2014/12/26	(FRI)	PM	3:00	~	5:00	Team	B Team	Main Training			
No.	work	set	rep	dis	interval	style	discription			str	total	time table
1	W-up	1	1	400	10:00	IM-R	SKPS			1	400	0:10:00
2	Kick	1	16	50	01:00	IM	Bord Smooth			3	800	0:16:00
		1	6	25	01:00	Choice	12.5mUW Power!!			9	150	0:06:00
3	Drill	1	12	25	01:15	S1	1t-6tSC 7t-12tFP			2	300	0:15:00
4	Swim	1	8	50	01:00	S1/cho	Form			3	400	0:08:00
		1	↓8	50	01:10	S1	1t-4tALP/HE 5t-8tDES4			5	400	0:09:20
5	Easy	1	1	100	05:00	Choice				1	100	0:05:00
6	Swim	3	3	100	01:40	Fr or S1	Hard Keep			4	900	0:15:00
		3	↓1	50	04:00	S1	MAX ※100mラスト50m意識!!			6	150	0:12:00
7	Down	1	1	400	10:00	Choice				1	400	0:10:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
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											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
									TOTAL	4000	1:46:20	

DATE	2014/12/27	(SAT)	AM	9:45	~	11:45	Team	B Team	Main Training			
No.	work	set	rep	dis	interval	style	discription			str	total	time table
1	W-up	1	1	400	10:00	Fr/IM/cho	100Fr/200IM/100mcho			1	400	0:10:00
2	D&P	1	8	50	01:30	S1 & Cho	25mSC/25mPull			2	400	0:12:00
3	Swim	1	8	50	01:00	S1 & Cho	1t-4tForm 5t-8tHard			4	400	0:08:00
		1	8	50	01:15	S1 & Cho	O=ALP	E=12.5mPower/25mEasy/12.5mPower		9	400	0:10:00
4	Easy	1	1	100	10:00	Choice				1	100	0:10:00
5	Swim	1	6	50	01:00	S1	MAX	SetRest120"		5	300	0:06:00
		1	6	50	01:10					6	300	0:07:00
		1	6	50	01:20					7	300	0:08:00
		1	↓6	50	01:30					7	300	0:09:00
6	Easy	1	1	100	05:00	Choice				1	100	0:05:00
7	Down	1	3	25	05:00	Choice				7	75	0:15:00
8	Down	1	1	200	05:00	Choice				1	200	0:05:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
											0	0:00:00
TOTAL										3275	1:45:00	

RECORDING SHEET

(DATE) 2014/12/27(SAT) (50*6)*4 60"70"80"90

Name	Style	1set						2set						3set						4set						AVE			
		1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1set	2set	3set	4set
五十嵐 永陽	Fr	38.1	38.2	37.9	37.1	37.5	37.0	35.0	35.3	36.3	35.3	34.5	34.3	37.1	35.9	35.7	35.0	35.2	35.4	35.4	36.4	35.3	33.9	33.8	33.6	37.6	35.5	35.7	34.7
神崎 友未佳	Ba	41.7	43.5	43.9	43.0	43.3	42.7	40.6	41.6	40.7	40.9	40.9	41.8	40.3	40.8	40.9	41.3	39.9	41.5	40.5	40.0	40.8	41.0	40.8	40.1	43.0	41.0	40.8	40.5
紺野 空良	Fly	42.7	45.6	45.9	46.2	47.0	46.6	43.0	44.2	43.5	43.8	43.2	44.3	42.3	42.7	42.4	42.5	41.7	41.6	40.0	40.6	40.7	40.0	40.3	38.7	45.7	43.6	42.2	40.1
蛭田 竜也	Br	45.2	46.4	46.1	46.0	45.4	45.9	43.3	44.1	43.9	44.5	43.8	43.9	43.6	43.2	43.9	43.6	43.2	43.2	43.3	43.0	43.2	43.0	42.4	41.8	45.8	44.0	43.5	42.8
藤田 莉帆	Br	44.5	46.4	45.6	46.1	45.8	46.1	43.3	44.3	44.6	43.9	44.4	43.7	42.9	43.6	44.2	43.9	44.3	43.1	43.5	43.7	44.0	43.7	43.8	43.2	45.8	44.0	43.7	43.7
松田 彩花	Br	48.4	51.7	49.1	48.7	48.6	48.3	47.1	46.8	47.8	47.1	47.8	46.9	46.9	48.8	47.2	47.0	47.7	47.3	47.0	46.2	46.9	46.2	45.8	45.3	49.1	47.2	47.5	46.2