

# エキスパートマスターズサンプル

2019年 9月 ??日 (?)

| Category   | Distance | Times | Set | Cycle | Style  | Description                                  | Total | Time    |
|------------|----------|-------|-----|-------|--------|----------------------------------------------|-------|---------|
| W-up       | 200      | ×     | 1   | 05:00 | Fr/Ba  | Fr-Ba/50                                     | 200   | 0:05:00 |
|            | 100      | ×     | 3   | 02:30 | IM     | IM100 or IM-Fr/50                            | 300   | 0:07:30 |
|            |          |       |     |       |        |                                              | 0     | 0:00:00 |
| Kick       | 50       | ×     | 6   | 01:30 | IM/cho | 1、Fly-Ba/25 2、Ba-Br/25 3、Br-Fr/25 4~6 choice | 300   | 0:09:00 |
| Pull       | 50       | ×     | 6   | 01:15 | IM/S1  | 1、Fly-Ba/25 2、Ba-Br/25 3、Br-Fr/25 4~6 S1     | 300   | 0:07:30 |
|            |          |       |     |       |        |                                              | 0     | 0:00:00 |
| Swim       | 200      | ×     | 1   | 05:00 | IM/S1  | IM200 or S1                                  | 200   | 0:05:00 |
|            |          |       |     |       |        |                                              | 0     | 0:00:00 |
| Drill-Swim | 50       | ×     | 8   | 01:30 | choice | Fly バタ足Fly Ba チェンジオーバー                       | 400   | 0:12:00 |
|            |          |       |     |       |        | Br バタ足平 Fr チェンジオーバー                          | 0     | 0:00:00 |
|            |          |       |     |       |        |                                              | 0     | 0:00:00 |
| Swim       | 50       | ×     | 6   | 01:15 | choice | 奇 H-E/25 偶 Forming                           | 300   | 0:07:30 |
|            |          |       |     |       |        |                                              | 0     | 0:00:00 |
| Loosen     | 100      | ×     | 1   | 05:00 | choice | Recovery                                     | 100   | 0:05:00 |
|            |          |       |     |       |        |                                              | 0     | 0:00:00 |
| Main       | 100      | ×     | 2   | 02:30 | S1     | Hard                                         | 200   | 0:05:00 |
|            |          |       |     |       |        | Rest 5'                                      | 0     | 0:00:00 |
|            | 50       | ×     | 4   | 01:30 | S1     | Hard                                         | 200   | 0:06:00 |
|            |          |       |     |       |        |                                              | 0     | 0:00:00 |
|            |          |       |     |       |        |                                              | 0     | 0:00:00 |
|            |          |       |     |       |        |                                              | 0     | 0:00:00 |
| Down       | 200      | ×     | 1   | 05:00 | choice |                                              | 200   | 0:05:00 |

Total.2700 2700 1:14:30