

12月12日(火)

START :

400 x	1 on	7 :	0	CHOICE	SKPS	W-up		400
50 x	6 on	1 :	15		DRILL	SNKL		300
100 x	6 on	1 :	40	FR	S	SNKL/ 1-3tForm 4-6tDes		600
x	1 on	1 :	0			Rest		
50 x	4 on	1 :	10	FLY/FR	K	Board 2tFly/2tFr 25H/E		200
50 x	4 on	1 :	0	FLY/FR	P	PV 2tFly/2tFr 25H/E		200
50 x	4 on	1 :	20	FLY/FR	S	Dive ①15H/E ②25H/E H→No-Bre		200
100 x	1 on	4 :	0		E			100
50 x	12 on	1 :	0	IM	P	PV/PAD 1-3DES		600
50 x	8 on	0 :	50	FR	P	PV/PAD/SNKL 1-3DES 4H		400
50 x	12 on	1 :	0	IM	K	Board		600
x	1 on	3 :	0			Rest		
200 x	3 on	3 :	0	IM	S	Des1-3t		600
200 x	3 on	2 :	50	FR	S	Des 1t 200Best+16"~		600
200 x	2 on	2 :	40	FR	S	Des 1t 200Best+12"~		400
200 x	1 on	:		FR	S	All Out!!		
400 x	1 on	8 :	0	CHOICE	S	Down		400
x	on	:						

END

12月15日(金)②

START 15 : 40

400 x	1 on	7 :	0			S	200FR/BA. 200(100IM x 2)		400
x	1 on	1 :	0						
25 x	12 on	0 :	45		IM	S	Board 4tScu 8tIM		300
x	1 on	1 :	0						
200 x	3 on	3 :	30		IM	S	25K+25S 1-3Des		600
x	1 on	1 :	0						
50 x	4 on	1 :	0]	x 4	K	①No-Board②Board(顔付付)③④On-Board		800
							※Set Rest 30"		
x	1 on	2 :	0				Rest		
25 x	4 on	1 :	30		FR	K	DIVE/ No-Bre Dolphin H!		100
100 x	1 on	4 :	0			E			100
200 x	1 on	4 :	0			P	PV/SNKL 25Scu/25Form		200
x	1 on	3 :	0						
100 x	1 on	1 :	20]	x 4	P	PV/SNKL/PAD H!		400
100 x	1 on	2 :	0		FR	P	PV/SNKL/PAD E		400
25 x	4 on	0 :	40		FR	P	PV/SNKL/PAD H!		400
50 x	1 on	1 :	20		FR	P	PV/SNKL/PAD H!		200
100 x	1 on	4 :	0			E			100
200 x	3 on	3 :	0		IM	S	1-3Des		600
x	1 on	2 :	0				Rest		
50 x	8 on	1 :	10		IM	S	2H(Fly 30")/1E/2H(Ba 32")/1E/2H(Br 38")		400
100 x	1 on	3 :	0			E			100
50 x	8 on	1 :	10		FR	S	2H(80%)1E/2H(90%)1E/2H(100%)		400
400 x	1 on	8 :	0				Down		400

END

12月16日(金)①

500 x	1 on	9:	0			S	200FR/BA_100FR/BA(K), 200(100IM x 2)	400
x	1 on	1:	0					
25 x	12 on	0:	45	IM		S	Board 4tScu 8tIM	300
x	1 on	1:	0					
200 x	3 on	3:	30	IM		S	25K+25S 1-3Des	600
x	1 on	1:	0					
50 x	4 on	1:	0]	FR	x 4	K	①No-Board②Board(顔付け)③④On-Board	800
x	1 on	1:	0				※Set Rest 30"	
25 x	4 on	1:	30	FR		K	DIVE/ No-Bre Dolphin H!	100
100 x	1 on	4:	0			E		100
200 x	1 on	4:	0			P	PV/SNKL 25Scu/25Form	200
x	1 on	3:	0					
100 x	1 on	1:	20]	FR	x 4	P	PV/SNKL/PAD H!	400
100 x	1 on	2:	0]	FR		P	PV/SNKL/PAD E	400
25 x	4 on	0:	40]	FR		P	PV/SNKL/PAD H!	400
50 x	1 on	1:	20]	FR		P	PV/SNKL/PAD H!	200
100 x	1 on	4:	0			E		100
200 x	3 on	3:	0	IM		S	1-3Des	600
x	1 on	2:	0				Rest	
50 x	8 on	1:	10	IM		S	2H(Fly30")/1E/2H(Ba32")/1E/2HiBr38j	400
100 x	1 on	3:	0			E		100
50 x	8 on	1:	10	FR		S	2H(80)1E/2H(90)1E/2H(100)	400
400 x	1 on	8:	0				Down	400

12月18日(月)②

START 15:40

400x	1 on	8:	0			S	200FR/BA.100FR/BA(K).100IM	400
25x	12 on	0:	45	IM		S	Board 4t Scu 8t IM	300
	x	1 on	1:	0			Rest	
100x	4 on	1:	30	IM		S	1-3Des 4 H	400
	x	1 on	1:	0			Rest	
50x	4 on	1:	0	x 2 FLY/FR		S	2t FLY/2t FR Max!!	400
50x	4 on	0:	45	FR		S	H !!	400
50x	1 on	1:	30			S	Choice	100
	x	1 on	2:	0			Rest	
25x	8 on	1:	0	FR		S	Max !!!	200
	x	on	:				①②PAD/FIN③④FIN⑤⑥PAD⑦⑧Normal	
100x	1 on	4:	0			E		100
50x	4 on	1:	0	x 1 FR		K	H !! ①②Board③顔付け(Board)④No-Board	200
50x	4 on	0:	50	FR		K	H !! ①②Board③顔付け(Board)④No-Board	200
50x	4 on	1:	0	FR		K	H !! ①②Board③顔付け(Board)④No-Board	200
50x	4 on	0:	50	FR		K	H !! ①②Board③顔付け(Board)④No-Board	200
	x	1 on	2:	0				
25x	8 on	1:	30			K	DIVE H !!! ①FR Gride-K②FLY UW	200
100x	1 on	4:	0			E		100
50x	4 on	1:	0	x 4 IM		P	PV/PAD IM 1Form3H	800
	x	1 on	1:	0			Rest	
25x	8 on	0:	50			P	PV/PAD/SNKL ①8Stroke:H!! ②25H	200
	x	on	:				1-4t PR有り/5-8t PR無し	
	x	1 on	3:	0			Rest	
25x	1 on	1:	0	x 2 FR		S	DIVE Max!!!!	50
50x	1 on	1:	30	FR		S	DIVE Max!!!!	100
75x	1 on	2:	0	FR		S	DIVE Max!!!!	150
100x	1 on	3:	0	FR		S	DIVE Max!!!!	200
400x	1 on	8:	0				Down	400

12月19日(火)①

START 8:40

500x	1 on	10:	0			S	200FR/BA. 100FR/BA(K). 200IM(100IM x 2)	500
50x	4 on	1:	0			K	Drill 2t 2/@2@4	200
50x	8 on	1:	15			S	Drill SNKL	400
200x	2 on	3:	30		IM	S	25K/25S	400
x	1 on	1:	0				Rest	
50x	8 on	1:	0		IM	S	IM 2t 25H/E	400
x	1 on	2:	0				Rest	
15x	1 on	1:	30] x 3	FR	S	DIVE Grde	45
15x	1 on	1:	30]]	FR	S	DIVE UW. H!!	45
25x	1 on	1:	30]]	FR	S	DIVE S. H!!!	75
x	on	:						
50x	3 on	1:	0] x 1	BA	K		150
50x	3 on	0:	55]]	FLY	K		150
50x	3 on	0:	50]]	FR	K		150
x	1 on	1:	0				Rest	
50x	4 on	1:	0] x 2		K	1s@EAE/HBH/ECH 2s@EAH/EBE/HCH	400
x	1 on	1:	0				Rest	
50x	1 on	1:	0			K	Max!!!	50
100x	1 on	3:	0					100
50x	1 on	1:	0] x 4		P	PV/PAD/SNKL Form	200
100x	1 on	1:	30]]		P	PV/PAD/SNKL Form	400
50x	1 on	1:	0]]		P	PV/PAD/SNKL H!!!	200
x	1 on	4:	0					
x	on	:						
100x	4 on	1:	40		IM	S	1-4tDes	400
x	1 on	1:	0					
100x	6 on	1:	30		FR	S	1-5t. 100Best+10" keep 6t H!!!	600
x	1 on	1:	0					
200x	3 on	2:	50		FR	S	Des 200Best+14"	600
x	1 on	1:	0					
100x	4 on	1:	20		FR	S	Des 100Best+10"	400
x	1 on	1:	0					
100x	3 on	2:	30		FR	S	@H!!!A E B All Out!!!	300
500x	1 on	10:	0			S	Down	500

END

12月19日(火)②

START 15:40

400 x	1 on	8:	0						200FR/BA. 200IM(100IM x 2)	400
50 x	10 on	1:	15						Drill	500
x	1 on	1:	0						Rest	
200 x	3 on	3:	30		IM				@A25K/25S B25Scu/25S	600
50 x	1 on	3:	0		FR				DIVE Max!!!!	50
100 x	1 on	3:	0							100
100 x	6 on	1:	20		FR				PV/PAD/SNKL	600
50 x	8 on	1:	0		IM				PV/PAD 25H/E	400
x	1 on	2:	0						Rest	
x	1 on	4:	0						NJ@10b(H)/10b(MAX)/10b(All Out) x 3	
x	on	:	:						10baxグニTD>	
50 x	8 on	1:	10		FLY/FR	K			PV/FIN/Board UW.K 25FLY.HI/25FR.HI	400
x	on	:	:						4@FinL証@4@Fin	
x	1 on	1:	0						Rest	
50 x	4 on	1:	10		FR	K			Board/Fin/SNKL @25H/EA50H	200
x	1 on	2:	0							
50 x	4 on	0:	50	x	1 FLY	S			1-3Des 4H	200
50 x	4 on	0:	50		BA	S			1-3Des 4H	200
50 x	4 on	1:	0		BR	S			1-3Des 4H	200
50 x	4 on	0:	50		FR	S			1-3Des 4H	200
100 x	1 on	2:	0			E				100
50 x	1 on	1:	0	x	3 FR	S			DIVE 25H/E	150
50 x	1 on	1:	0		FR	S			50H	150
100 x	1 on	3:	0		FR	S			E	300
x	1 on	4:	0							
50 x	1 on	4:	0		FR	S			DIVE All Out!!!!!!!	50
500 x	1 on	10:	0						Down	500

x on :