

9/27w

	A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
Total	1500	2000	2600	0	0	0	0	0	0
	25%	33%	43%	0%	0%	0%	0%	0%	0%
S.Team									
Main	0	1000	1400	0	0	0	0	0	0
	0%	42%	58%	0%	0%	0%	0%	0%	0%
Ex. E	1500	1000	1200	0	0	0	0	0	0
	41%	27%	32%	0%	0%	0%	0%	0%	0%

2017
 12.12 pm
 Count Down
 Japan #REF! 日 Japan Open #REF! 日 JO #REF! 日

				cyc	sys	M	Description
W-up	Fr/Bc	1 *	300	6:00	A1		Mix Hyp3
	Mix	1 *	200	4:00	A1		2*253Screw-P/3-3FB-P/3-3Ca-P/RF-P
	im	4 * 1 *	50	1:15	A1		12.5Scull/Pull Fr/Fly/Br/Bc with Snok or Hyp3
	im	* 4 *	50	1:00	A2-1		Pv DPS&SC 1-4t Dec Bc Hyp3
	im	1 *	200	3:30	A2-1		DPS Tc/B-up
Kb	im	3 *	400	7:30	A2-2		1-3t Dec 4t 6:00un
Loosen		1 *	100	2:00	A1		
DrillS	im	2 *	50	1:10	A1		35Dr/Sw
S	im	2 *	200	3:00	A2-1	M	Smooth Fr/Bc Hyp3
	im	*	200	2:50	A2-2	M	More Fast Fr/Bc Hyp3
	im	*	200	2:40	A2-2	M	More Fast 3s End R+:30
	im	1 *	200	3:00	A2-1	M	Smooth Fr/Bc Hyp3
	im	2 *	200	2:50	A2-1	M	More Fast Fr/Bc Hyp3
	im	3 *	200	2:40	A2-2	M	More Fast
Dn	cho	1 *	600	12:00	A1		Inc im Pow8*4
				T. 6100	1:47:00		

9/27w

	A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
Total	2000	1800	1600	600	0	0	0	0	200
	32%	29%	26%	10%	0%	0%	0%	0%	3%
S.Team	0	1200	800	600	0	0	0	0	0
2017	0%	46%	31%	23%	0%	0%	0%	0%	0%
12.13 am	2000	600	800	0	0	0	0	0	200
Count Down	56%	17%	22%	0%	0%	0%	0%	0%	6%
Japan	#REF!	Japan Open	#REF!	JO	#REF!				

			cyc	sys	M	Description
W-up	Fr/Bc	3 *	200	A1		SKP
	Fr	2 *	50	1:00 A1		25 1Leg-K/Sw Hyp3
	Bc	2 *	50	1:00 A1		25 1Leg-K/Sw Hyp3 Buy
	Fly	2 *	50	1:00 A1		Do not submerge the snorkel. Do not move your head
	Br	2 *	50	1:00 A1		3Fly-Str/Sw
	im	1 *	400	8:00 A1		Kn/1ha*2/Sw Fr/Bc Hyp3
Knf	cho	1 *	300	5:00 A2-1		Easy
Knf	Fly	8 *	100	1:20 A2-2		50Bc-Dol/Un-W P=1:09un
Knf	Fly	8 *	25	1:20 S3		25Un-W NB All Out on Bc en Fly
Loosen		1 *	200	4:00 A1		
S	cho	6 *	50	1:05 A2-1		FP
S	im	4 *	300	6:00 A2-1	M	1-3t Dec 5:25 to :05 13yo=Fr Hyp3
	Fr	4 *	200	2:30 A2-2	M	P=2:16 R+:30 Women=2:45
	im	3 *	200	3:00 AT1	M	P=2:24un
Loosen		1 *	100	2:00 A1		
Tc St		1 *		10:00		Fly far away with forefoot only
Dn	cho	1 *	300	6:00 A1		Inc Pow8*1
		T.	6200	2:05:05		

Japanese 1=ichi 2=ni 3=san 4=yon 5=go 6=roku 7=nana 8=hachi 9=kyu 10=jyu

ex. 23=ni jyu san 56=go jyu roku

9/27w

		A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
Total		1200	3300	800	0	0	1600	0	100	0
		17%	47%	11%	0%	0%	23%	0%	1%	0%
S.Team		0	0	0	0	0	700	0	0	0
2017		0%	0%	0%	0%	0%	100%	0%	0%	0%
12.13 pm		1200	3300	800	0	0	900	0	100	0
Count Down		19%	52%	13%	0%	0%	14%	0%	2%	0%
Japan	#REF!	Japan Open	#REF!	JO	#REF!					

		#REF!	日	Japan Open	#REF!	日	JO	#REF!	日	Description	
		cyc		sys		M					
W-up	Fr/Bc	1 *	300	6:00	A1	Mix	Hyp3				
	Mix	1 *	200	4:00	A1	2*253Screw-P/3-3FB-P/3-3Ca-P/RF-P					
	im	4 *	1 * 50	1:15	A1	12.5Scul/Pull	Fr/Fly/Br/Bc with Snok or Hyp3				
	im	*	4 * 50	1:00	A2-1	Pv	DPS&SC 1-4t Dec Bc Hyp3				
	im	1 *	200	3:30	A2-1	DPS	Tc/B-up				
Kb	cho	4 *	100	2:00	A2-1	100E/50EF/50FE/100F	Fast=A bit faster				
Kb	cho	4 *	200	3:20	A2-2	Cyc ov=No board	→25KS				
Loosen		1 *	100	2:00	A1						
Ss	Fr	6 *	50	1:00	A2-1	35Tc/15B-up					
S	Fr	6 *	50	1:20	A2-1	Slow					
	Fr	*	50	:00	AT2+	M	Fast				
	Fr	2 *	100	2:40	A2-1	M	Slow 1t 150 on 2:00				
	Fr	*	100	:00	AT2+	M	Fast				
	Fr	1 *	200	5:40	A2-1	M	Slow 1t 300 on 4:00				
	Fr	*	200	:00	AT2+	M	Fast				
	Fr	2 *	100	2:40	A2-1	M	Slow 1t 300 on 4:00				
	Fr	*	100	:00	AT2+	M	Fast				
	Fr	6 *	50	1:20	A2-1	M	Slow 1t 150 on 2:00				
	Fr	*	50	:00	AT2+	M	Fast				
	cho	8 *	50	1:30	A2-1	M	Slow 1t 100 on 1:30				
	cho	*	50	:00	AT2+	M	Fast				
S	Fr	2 *	50	2:00	S2	1t Easy 2t All Out					
Dn	cho	1 *	400	8:00	A1						
T.		7000	2:00:10								

9/27w

		A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
S.Team	Total	2475	400	2500	0	0	0	550	0	175
		41%	7%	41%	0%	0%	0%	9%	0%	3%
	Main	0	0	2500	0	0	0	0	0	0
2017		0%	0%	100%	0%	0%	0%	0%	0%	0%
Count Down	2.14 am	2475	400	0	0	0	0	550	0	175
		69%	11%	0%	0%	0%	0%	15%	0%	5%
Japan	#REF!	Japan Open	#REF!	JO	#REF!					

		cyc	sys	M	Description
W-up	Fr/Bc	3 *	200	A1	SKP
	Fr	2 *	50	1:00 A1	25 1Leg-K/Sw Hyp3
	Bc	2 *	50	1:00 A1	25 1Leg-K/Sw Hyp3 Buy
	Fly	2 *	50	1:00 A1	Do not submerge the snorkel. Do not move your head
	Br	2 *	50	1:00 A1	3Fly-Str/Sw
	im	1 *	400	8:00 A1	Kn/1ha*2/Sw Fr/Bc Hyp3
Kb	cho	2 *	4 * 50	1:00 A2-1	50E/25EF/25FE/50F*2s A bit faster
Kb	cho	11 *	50	1:15 S1	3F/1E Effort
Loosen		1 *	150	3:00 A1	50Kb/100Sw
Drill-S	cho	8 *	50	1:10 A1	FP
S	Fr	8 *	100	1:20 A2-2	M 1-3t Dec 3t- P=1:07.0un R+:20
	im	3 *	300	4:15 A2-2	M P=3:47.0un R+:25
	Fr	4 *	200	2:25 A2-2	M Effort !!
Loosen		1 *	100	2:00 A1	
Tc St	1	3 *	25	1:45 S3	
S	cho	4 *	25	2:30 S3	Dive All Out
Dn	cho	1 *	425	8:00 A1	400ov
T.		6100	1:59:40		

9/27w

	A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
Total	1325	3000	0	1900	0	0	0	100	75
	21%	47%	0%	30%	0%	0%	0%	2%	1%
S.Team									
Main	0	0	0	1900	0	0	0	0	0
2017	0%	0%	0%	100%	0%	0%	0%	0%	0%
Ex. E	1325	3000	0	0	0	0	0	100	75
Count Down	29%	67%	0%	0%	0%	0%	0%	2%	2%
Japan	#REF!	日	Japan Open	#REF!	日	JO	#REF!	日	

			cyc	sys	M	Description	
W-up	Fr/Bc	1 *	300	6:00	A1	Mix Hyp3	
	Mix	1 *	200	4:00	A1	2*253Screw-P/3-3FB-P/3-3Ca-P/RF-P	
	im	4 *	1 *	50	1:15	A1	12.5Scull/Pull Fr/Fly/Br/Bc with Snok or Hyp3
	im	*	3 *	50	1:00	A2-1	Pv DPS&SC 1-4t Dec Bc Hyp3
	im	1 *	200	3:30	A2-1	DPS Tc/B-up	
Pvs	Fr	6 *	300	4:30	A2-1	on Snok en Hyp3 2t each Dec	
Loosen		1 *	100	2:00	A1		
S	im	4 *	100	1:40	A2-1	100E/50EF/50FE/100F A bit faster	
S	im	4 *	100	1:40	AT1	M P=1:10.0	
	im	2 *	200	3:10	AT1	M P=2:24.0	
	im	1 *	400	6:00	AT1	M P=4:52.0	
	im	2 *	200	3:00	AT1	M P=2:24.0	
	im	3 *	100	1:30	AT1	M P=1:10.0	
Loosen	cho	1 *	100	2:00	A1		
Tc St	1	3 *	25	1:45	S3		
S	cho	2 *	50	3:30	S2	Dive All Out	
Dn	cho	1 *	425	8:00	A1	400ov	
		T.	6400	1:57:55			

9/27w

9/27w

		A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3		
Total		1900	4400	0	0	0	0	0	0	0	300	
		29%	67%	0%	0%	0%	0%	0%	0%	0%	5%	
S.Team	Main	0	3600	0	0	0	0	0	0	0	0	S.Team
2017		0%	100%	0%	0%	0%	0%	0%	0%	0%	0%	2017
Count Down	Ex. E	1900	800	0	0	0	0	0	0	0	300	Count Down
Japan		63%	27%	0%	0%	0%	0%	0%	0%	0%	10%	Japan
	#REF!	日本 Open	#REF!	日本	JO	#REF!	日本					

		cyc	sys	M	Description		
W-up	Fr/Bc	3 *	200	A1	SKP	W-up	
	Fr	2 *	50	1:00 A1	25 1Leg-K/Sw Hyp3		
	Bc	2 *	50	1:00 A1	25 1Leg-K/Sw Hyp3 Buy		
	Fly	2 *	50	1:00 A1	Do not submerge the snorkel. Do not move your head		
	Br	2 *	50	1:00 A1	3Fly-Str/Sw		
	im	1 *	400	8:00 A1	Kn/1ha*2/Sw Fr/Bc Hyp3	Kb	
KSpf	cho	1 *	400	7:00 A2-1	200Kn/25KS	Pv	
KSpf	cho	4 *	100	1:30 A2-1	25KS 100E/25EF/25FE/100F A bit faster	S	
KSpf	cho	12 *	25	1:15 S3	on UnW NB K en NB Swim All Out	Loosen	
Loosen		1 *	200	4:00 A1	100Kb/Sw	S	
Kb	cho	1 *	800	A2-1	M Smooth R+:30	S	
Pv	Fr/Bc	1 *	1200	A2-1	M 100Fr/50Bc Hyp3 Smooth R+:60	Loosen	
S	im/Fr	1 *	1600	A2-1	M 400im/Fr/im/Fr Smooth Fr/Bc Hyp3	Tc St	
Dn	cho	1 *	300	6:00 A1		Dn	
T.		6600	1:05:15				

9/27w

		A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
Total		1400	2200	0	0	0	0	1200	0	200
		28%	44%	0%	0%	0%	0%	24%	0%	4%
S.Team	Main	0	0	0	0	0	0	1200	0	0
		0%	0%	0%	0%	0%	0%	100%	0%	0%
Ex. E		1400	2200	0	0	0	0	0	0	200
		37%	58%	0%	0%	0%	0%	0%	0%	5%

2017
2.15 pm

Count Down
Japan #REF! 日 Japan Open #REF! 日 JO #REF! 日

		cyc	sys	M	Description		
W-up	Fr/Bc	1 *	300	6:00	A1	Mix Hyp3	
	Mix	1 *	200	4:00	A1	2*253Screw-P/3-3FB-P/3-3Ca-P/RF-P	
	im	4 *	1 *	50	1:15	A1	12.5Scull/Pull Fr/Fly/Br/Bc with Snok or Hyp3
	im	*	4 *	50	1:00	A2-1	Pv DPS&SC 1-4t Dec Bc Hyp3
	im	1 *	200	3:30	A2-1	DPS Tc/B-up	
Kb	cho	4 *	100	2:00	A2-1	100E/50EF/50FE/100F A bit faster R+:00	
Pv	cho	4 *	100	1:45	A2-1	100E/50EF/50FE/100F A bit faster R+:00	
S	cho	4 *	100	1:40	A2-1	100E/50EF/50FE/100F A bit faster	
Loosen	cho	1 *	100	2:00	A1		
S	im	8 *	25	:50	S3	Pow8 Fr/Fly/Br/Bc	
S	im	4 *	6 *	50	1:15	S1	M All Fast Max Effort 6t each IM Order
Loosen	cho	8 *	50	:55	A1	Rec	
Tc St		1 *		15:00		on 1leg jump en Both leg	
Dn	cho	1 *	200	4:00	A1		
T.		5000	2:01:10				

9/27w

		A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
S.Team	Total	2200	1800	1200	0	0	0	600	200	0
		37%	30%	20%	0%	0%	0%	10%	3%	0%
	Main	0	800	1200	0	0	0	0	0	0
	2017	0%	40%	60%	0%	0%	0%	0%	0%	0%
	12.17 am	2200	1000	0	0	0	0	600	200	0
Count Down		55%	25%	0%	0%	0%	0%	15%	5%	0%
Japan	#REF! 日	Japan Open	#REF! 日	JO	#REF! 日					

		cyc	sys	M	Description
W-up	Fr/Bc	3 *	200	A1	SKP
	Fr	2 *	50	1:00 A1	25 1Leg-K/Sw Hyp3
	Bc	2 *	50	1:00 A1	25 1Leg-K/Sw Hyp3 Buy
	Fly	2 *	50	1:00 A1	Do not submerge the snorkel. Do not move your head
	Br	2 *	50	1:00 A1	3Fly-Str/Sw
	im	1 *	400	8:00 A1	Kn/1ha*2/Sw Fr/Bc Hyp3
Kbf	cho	4 *	150	2:15 A2-1	200E/100EF/200FE/200F A bit faster
Kbf	Mix	3 * 4 *	50	1:20 S1	1s Bc-Dol 2s Fly 3s Fr All Fast Effort
Loosen		1 *	150	3:00 A1	100Kb/Sw
S	im	4 *	100	1:40 A2-1	1-4t Dec Fr/Bc Hyp3
S	im	4 * 4 *	50	:50 A2-1	M Fr on :45 Smooth Fr/Bc Hyp3
	Fr	24 *	50	:40 A2-2	M P=:31.8/:35.0
Loosen		1 *	200	4:00 A1	
Video	im	1 *	200	20:00 S2	Video shooting 200IM very fast
Dn	cho	1 *	450	8:00 A1	500ov Inc Pow8*2
T.		6000	2:03:15		

9/27w

		A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
Total		1500	2100	800	0	2000	0	0	0	100
		23%	32%	12%	0%	31%	0%	0%	0%	2%
S.Team		0	0	0	0	2000	0	0	0	0
2017		0%	0%	0%	0%	100%	0%	0%	0%	0%
2.17 pm		1500	2100	800	0	0	0	0	0	100
Count Down		33%	47%	18%	0%	0%	0%	0%	0%	2%
Japan	#REF!	Japan Open	#REF!	JO	#REF!					

		cyc	sys	M	Description		
W-up	Fr/Bc	1 *	300	6:00	A1	Mix Hyp3	
	Mix	1 *	200	4:00	A1	2*253Screw-P/3-3FB-P/3-3Ca-P/RF-P	
	im	4 *	1 *	50	1:15	A1	12.5Scull/Pull Fr/Fly/Br/Bc with Snok or Hyp3
	im	*	3 *	50	1:00	A2-1	Pv DPS&SC 1-4t Dec Bc Hyp3
	im	1 *	200	3:30	A2-1	DPS Tc/B-up	
Kb	cho	3 *	2 *	100	1:50	A2-1	1-3s 2:00/1:50/:45
Kb	cho	16 *	50	:50	A2-2	Cyc ov=Kn→35KS→25KS	
Loosen		1 *	100	2:00	A1		
Ss	Fr	4 *	100	1:50	A2-1	1ha/Sw/1ha/Sw 1-4t Dec	
S	Fr	6 *	50	1:00	A2-1	on 35Tc/B-up en 25FE	
S	Fr	20 *	100	1:45	AT2	M P=1:02.0un Effort !!	
Loosen		1 *	100	2:00	A1		
S	Fr	4 *	25	1:20	S3	All Out	
Dn	cho	1 *	600	12:00	A1	200Bc Sw/400FP	
T.		6500	2:04:30				

10/27w

		A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
S.Team	Total	2300	2200	600	0	0	0	0	200	600
		39%	37%	10%	0%	0%	0%	0%	3%	10%
	Main	0	0	0	0	0	0	0	0	600
2017		0%	0%	0%	0%	0%	0%	0%	0%	100%
12.18 am		2300	2200	600	0	0	0	0	200	0
Count Down		43%	42%	11%	0%	0%	0%	0%	4%	0%
Japan	#REF!	Japan Open	#REF!	JO	#REF!					

		cyc	sys	M	Description
W-up	Fr/Bc	3 *	200	A1	SKP
	Fr	2 *	50	1:00 A1	25 1Leg-K/Sw Hyp3
	Bc	2 *	50	1:00 A1	25 1Leg-K/Sw Hyp3 Buy
	Fly	2 *	50	1:00 A1	Do not submerge the snorkel. Do not move your head
	Br	2 *	50	1:00 A1	3Fly-Str/Sw
	im	1 *	400	8:00 A1	Kn/1ha*2/Sw Fr/Bc Hyp3
Kb	cho	4 *	50	1:00 A2-1	50E/25EF/25FE/50F A bit faster
Pv	cho	4 *	50	:55 A2-1	50E/25EF/25FE/50F A bit faster
S	cho	4 *	50	:50 A2-1	50E/25EF/25FE/50F A bit faster
S	Fr/im/im	6 *	4 *	25	1:15 S3 M All Out BC2un
Loosen		1 *	200	4:00 A1	
KSpf	cho	1 *	400	6:30 A2-1	200Kn/25KS
Spf	im	6 *	200	2:40 A2-1	Smooth Women=cho
	Fr	*	100	1:15 A2-2	Men=1:05.0un
Loosen		1 *	100	2:00 A1	
Spf	cho	4 *	50	2:00 S2	All Out Breathing restriction 50/within 2
Dn	cho	1 *	600	12:00 A1	100Kb/Kn/FP
T.		5900	2:04:15		

10/27w

		A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3	
Total		1700	2200	1400	600	600	0	0	0	0	
		26%	34%	22%	9%	9%	0%	0%	0%	0%	
S.Team		0	600	600	600	600	0	0	0	0	
2017		0%	25%	25%	25%	25%	0%	0%	0%	0%	
12.18 pm		1700	1600	800	0	0	0	0	0	0	
Count Down		41%	39%	20%	0%	0%	0%	0%	0%	0%	
Japan	#REF! 日	Japan Open	#REF! 日	JO	#REF! 日						
		cyc	sys	M	Description						
W-up	Fr/Bc	1 *	300	6:00	A1	Mix Hyp3					
	Mix	1 *	200	4:00	A1	2*253Screw-P/3-3FB-P/3-3Ca-P/RF-P					
	im	4 *	1 *	50	1:15	12.5Scull/Pull Fr/Fly/Br/Bc with Snok or Hyp3					
	im	*	3 *	50	1:00	Pv DPS&SC 1-4t Dec Bc Hyp3					
	im	1 *	200	3:30	A2-1	DPS Tc/B-up					
Ppv	im	4 *	200	3:15	A2-1	200E/100EF/100FE/200F A bit faster R+:60					
Ppvs	Fr	8 *	100	1:20	A2-2	P=1:07/:14un					
Loosen		1 *	100	2:00	A1						
Drill-S	im	4 *	3 *	50	1:10	IM order FP					
S	Fr	2 *	300	4:30	A2-1	M	Smooth 1t Snok 2t Hyp3				
	im	3 *	200	2:50	A2-2	M	P=2:35un Women=25IM/Fr R+:30				
	Fr	6 *	100	1:30	AT1	M	P=1:05.0/:12.5un R+:60				
	im	4 *	3 *	50	1:00	AT2	M	200Race Pace Fly=RP+:04.0 SR+:20			
Loosen		1 *	100	2:00	A1						
Tc St		10 *		1:45	S3	遠くに飛ぶ. 前足は斜め上に力発揮.					
Dn	cho	1 *	200	4:00	A1						
T.		6500	2:12:10								

Tc St = Increase distance. Front leg exerts force obliquely upward.

10/27w

		A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
S.Team	Total	1975	4800	0	0	0	0	0	0	75
		29%	70%	0%	0%	0%	0%	0%	0%	1%
	Main	0	3200	0	0	0	0	0	0	0
2017		0%	100%	0%	0%	0%	0%	0%	0%	0%
12.19 am		1975	1600	0	0	0	0	0	0	75
Count Down		54%	44%	0%	0%	0%	0%	0%	0%	2%

Japan #REF! 日 Japan Open #REF! 日 JO #REF! 日

		cyc	sys	M	Description
W-up	Fr/Bc	3 *	200	A1	SKP
	Fr	2 *	50	1:00 A1	25 1Leg-K/Sw Hyp3
	Bc	2 *	50	1:00 A1	25 1Leg-K/Sw Hyp3 Buy
	Fly	2 *	50	1:00 A1	Do not submerge the snorkel. Do not move your head
	Br	2 *	50	1:00 A1	3Fly-Str/Sw
	im	1 *	400	8:00 A1	Kn/1ha*2/Sw Fr/Bc Hyp3
Kb	cho	4 *	200	4:00 A2-1	FP
Pv	cho	4 *	200	3:30 A2-1	FP
Loosen		1 *	100	2:00 A1	
S	im	8 *	400	6:00 A2-1	M 5t Smooth Fr/Bc Hyp3 2t 25EF 1t Tn Up
Loosen		1 *	100	2:00 A1	
Tc St	1	3 *	25	1:45 S3	
S	cho	3 *	50	3:30	
Dn	cho	1 *	375	8:00 A1	400ov
T. 7000		2:13:00			

Tn Up=Turn in 5m + Turn out 10m Race Pace

10/27w

		A1	A2-1	A2-2	AT1	AT2	AT2+	S1	S2	S3
S.Team	Total	1775	2100	0	0	0	0	0	600	125
		39%	46%	0%	0%	0%	0%	0%	13%	3%
	Main	0	0	0	0	0	0	0	600	0
2017		0%	0%	0%	0%	0%	0%	0%	100%	0%
12.20 am		1775	2100	0	0	0	0	0	0	125
Count Down		44%	53%	0%	0%	0%	0%	0%	0%	3%
Japan	#REF!	Japan Open	#REF!	JO	#REF!					

				cyc	sys	M	Description
W-up	Fr/Bc	3 *	200		A1	M	SKP
	Fr	2 *	50	1:00	A1		25 1Leg-K/Sw Hyp3
	Bc	2 *	50	1:00	A1		25 1Leg-K/Sw Hyp3 Buy
	Fly	2 *	50	1:00	A1		Do not submerge the snorkel. Do not move your head
	Br	2 *	50	1:00	A1		3Fly-Str/Sw
	im	1 *	400	8:00	A1		Kn/1ha*2/Sw Fr/Bc Hyp3
Kb	cho	2 *	4 *	50	1:00	A2-1	50E/25EF/25FE/50F A bit faster R+:30
Pv	cho	2 *	4 *	50	1:00	A2-1	50E/25EF/25FE/50F A bit faster R+:30
S	cho	2 *	4 *	50	1:00	A2-1	50E/25EF/25FE/50F A bit faster
Loosen		1 *	100	2:00	A1		
Tc St	1	5 *	25	1:45	S3	M	3t Fly/2t Bc
S	im	4 *	3 *	50	4:00	S2	Dive All Out
KPS	cho	3 *	100	2:00	A2-1		Easy & Rec
	cho	*	100	1:50	A2-1		Easy & Rec
	cho	*	100	1:45	A2-1		Easy & Rec
Dn	cho	1 *	275	6:00	A1		
		T. 4600		2:12:45			