

National 18日 16:00 ~ 17:30 No. all Date 17/12/10 (H)

Wyo 50 x 40 - (H) (E) ch. rest-20  
200 x 10 DIM R/F/H/CK-3'10  
100 x 10 SKP. (H) ch

K 100 x 8 DIM R 20 - 1'25 BR = 1'50 (FF)  
rest (Mule & goat)  
100 x 40 - 1'50 S, hold work  
Easy 50

S (200 x 50) x rest sub rest 25 Easy  
cut (PQ) FR. ① 2'20 ② 2'5 ③ 30 even hold

rest IM Slide ① 2'40 ② 3' hold (rest) 2'40 100 x 10 IM  
③ 50 wny stand  
Easy 100

S 100 x 100 ① 1'10 ② 20 ~ (H) ch  
③ 30 Hand Des.

D- 50 x 120 H/CD ch  
50 x 10 ch down  
900 ch (mix)

T. 5,600-

# 2017年 ナショナル合宿 IM男子チーム

2017年12月11日

8:40-11:00

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-u p	400 X	1		8'00ci	SKPS W:FIN	400	400	8.00	:08.00
	DIVE	25 X	4		1'00ci	25UW-K HARD W:FIN	100	500	4.00	:12.00
		50 X	4		1'15ci	37.5 NOB HARD+12.5UW	200	700	5.00	:17.00
2	FINS	100	6	2	1'30ci	15mUK-35mSWIM 1-3DES b y 2 t ①Ba ②Fly	1,200	1,900	18.00	:35.00
	FINK	50	4	2	1'15ci	①W:S KICK ②FINS 1-4DES	400	2,300	10.00	:45.00
3	PULL	400	3		5'00ci	1-3DES	1,200	3,500	15.00	1:00.00
	PP	200 X	6		3'00ci	100Ba-100Fr/100Fr-100Ba/200Ba Fr DPS Ba HARD	1,200	4,700	18.00	1:18.00
	Swim	100 X	3	4	1'40ci	2H-E	1,200	5,900	20.00	1:38.00
4	Kick	200 X	3	2	3'20ci	NO.B K CYCLE IN	1,200	7,100	20.00	1:58.00
	Kick	100 X	1	2	2'00ci	HARD	200	7,300	4.00	2:02.00
5	D o w n	50 X	8		1'00ci	4DRILL/4SWIM DPS	400	7,700	8.00	2:10.00
							T-D	7,700	T-T	2:10.00

# 2017年 ナショナル合宿 IM男子チーム

2017年12月11日

15:00-17:30

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-u p	50 X	4	3	'50ci	IMO 50" 50" 45" ①IMR②15mUW ③CYCLE IN	600	600	10.00	:10.00
	Swim	50 X	4		1'15ci	25B-UP/25-50 NOB HARD	200	800	5.00	:15.00
	Swim	200	8		3'00ci	3IM-Fr-2IM-Fr-IM	1,600	2,400	24.00	:39.00
2	Kick	50 X	3	4	'50ci	IM=1-3DES BEST+30" 20" 10" Fr 30ストローク以内 CYCLE IN	600	3,000	10.00	:49.00
	Kick	100 X	1	4	2'30ci	HARD	400	3,400	10.00	:59.00
3	PULL	400 X	1		6'00ci	25SC/75DPS W:S	400	3,800	6.00	1:05.00
	PULL	200 X	8		2'40ci	hyp 3回/4回/5回/HARD	1,600	5,400	21.20	1:26.20
	Swim	50 X	3	4	1'00ci	cho*2/B-UP	600	6,000	12.00	1:38.20
4	MAIN	50 X	4	4	1'00ci	45"50"55"60" HARD DES	800	6,800	16.00	1:54.20
		100 X	1	4	3'00ci	1t DIVE EASY	400	7,200	12.00	2:06.20
5	D o w n	50 X	8		1'00ci	4DRILL/4SWIM DPS	400	7,600	8.00	2:14.20
							T-D	7,600	T-T	2:14.20

# 2017年ナショナル合宿 IM男子チーム

2017年12月12日

8:40-11:00

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-U P	400 X	1		8'00ci	SKPS W:FIN	400	400	8.00	:08.00
		50 X	4		1'15ci	25m UW-K HARD/25mEASY W:FIN	200	600	5.00	:13.00
		50 X	6		1'10ci	35mNO.B+15mUW HARD	300	900	7.00	:20.00
		50	4		1'15ci	W:S	200	1,100	5.00	:25.00
		400	2		5'00ci	DPS	800	1,900	10.00	:35.00
		200 X	6		2'40ci	F-DPS	1,200	3,100	16.00	:51.00
2	PS	100 X	6	3	1'30ci	DPS/HARD ①Fly-Ba ②Ba-Br ③Br-Fr	1,800	4,900	27.00	1:18.00
		400	3		4'40ci	DPS	1,200	6,100	14.00	1:32.00
		200 X	6		2'30ci	F-DPS	1,200	7,300	15.00	1:47.00
3	Swim	100 X	12		1'20ci	ALL OUT	1,200	8,500	16.00	2:03.00
		50 X	8		1'00ci	4DRILL/4SWIM DPS	400	8,900	8.00	2:11.00
4	Down	Cho				T-D	8,900	T-T	2:11.00	

# 2017年 ナショナル合宿 IM男子チーム

2017年12月12日  
15:00-17:30

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-up	50 X	4	3	'50ci	IMO 50" 50" 45" ①IMR②15mUW ③CYCLE IN	600	600	10.00	:10.00
	Swim	50 X	4		1'15ci	25B-UP/25-50 NOB HARD	200	800	5.00	:15.00
	SWIM	100 X	10		1'40ci	IMS*2 1 - 2DES/IMO DPS/IM HARD	1,000	1,800	16.40	:31.40
	Swim	200	5		2'50ci	IMS=Fly-Ba/Ba-Br-Fr IMO=Ba/Br/Fr	1,000	2,800	14.10	:45.50
2	Kick	200 X	6		3'30ci	IM=1 - 3DES BEST+24" 16" 8" Fr 3オストローク以内 3'20-3'10-3'00 No.B	1,200	4,000	21.00	1:06.50
	Kick	100 X	4		2'00ci	HARD	400	4,400	8.00	1:14.50
3	SPRINT	25 X	16		1'00ci	DIVE 25m/TURN-10mH-TURN-5mHARD/WK5*-TURN-PUSHU UPS-DIVE 15m K5*-Touch	400	4,800	16.00	1:30.50
4	MAIN	50 X	1	4	'50ci	DIVE	200	5,000	3.20	1:34.10
		100 X	1	4	1'30ci	レーススピード	400	5,400	6.00	1:40.10
		100 X	1	4	1'40ci	レーススピード	400	5,800	6.40	1:46.50
		50 X	1	4	5'00ci	MAX	200	6,000	20.00	2:06.50
5	Down	50 X	8		1'00ci	4Kick/4SWIM DPS	400	6,400	8.00	2:14.50
							T-D	6,400	T-T	2:14.50

# 2017年ナショナル合宿 IM男子チーム

2017年12月13日  
8:40-11:00

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-u p	400 X 1			8'00ci	SKPS W:FIN	400	400	8.00	:08.00
	DIVE	50 X 4			1'00ci	25mUW-K HARD/25mEASY W:FIN	200	600	4.00	:12.00
		50 X 6			1'05ci	35m NOB HARD+15mUW	300	900	6.30	:18.30
2	FINS	200 4		2	2'45ci	15mUK-35mSWIM 1-4DES ①Ba FINK ②Fly FINS	1,600	2,500	22.00	:40.30
	FINK	50 4			1'15ci	W:S 1-4DES	200	2,700	5.00	:45.30
3	PULL	50 4		2	1'00ci	25SC-25DPS / 3SR-SK-DPS W:S	400	3,100	8.00	:53.30
	PULL	100 X 8			1'30ci	hyp3/4/5/HARD	800	3,900	12.00	1:05.30
	PP	200 X 6			2'40ci	5SFr-Ba/Fr DPS/Ba HARD	1,200	5,100	16.00	1:21.30
4	Swim	100 12			1'10ci	1'10*3 Fr Cycle In/1'30 IM DPS	1,200	5,900	14.00	1:35.30
		200 X 8			2'30ci	Fr*2 DPS/IM Cycle In	1,600	7,500	20.00	1:55.30
		400 X 1			6'00ci	ALL OUT	400	7,900	6.00	2:01.30
	Down	50 X 8			1'00ci	4DRILL/4SWIM DPS	400	8,700	8.00	2:09.30
							T-D	8,700	T-T	2:09.30

# 2017年 ナショナル合宿 IM男子チーム

2017年12月13日

15:00-17:30

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-up	100 X 1			2'00ci	DIVE 15mSL-Cho	100	100	2.00	:02.00
	PP	100 X 8			1'30ci	NEGA 1-4DES b y 2 t	800	900	12.00	:14.00
	DRILL	50 X 4	4	2	1'30ci	①W:S P Bord Surf Fly ②IMO W:P	400	1,300	12.00	:26.00
	DRILL	50 X 4	4		1'10ci	R-L/2Stroke Maximum!!! Fly/Ba/Fr/Cho	200	1,500	4.40	:30.40
	DRILL	150 X 2	2		3'00ci	Finger0.1.2.3.4.5/25m 1t Dog SC/2tFr SWIM	300	1,800	6.00	:36.40
	Pull	50 X 2	2		1'00ci	5Stroke5sec Stop W:S	100	1,900	2.00	:38.40
	Swim	100 X 1	1		2'00ci	Board Surf	100	2,000	2.00	:40.40
	DRILL	50 X 6	6		1'10ci	Build up/Last5m=Maximum!!! 4tDRILL 2tSWIM	300	2,300	7.00	:47.40
	Kick	100 X 3	3		2'20ci	1t Ba-BK 2t RH-LH Fly UWBr Br Drill 3t 2P1K	300	2,600	7.00	:54.40
	Swim	50 X 2	2		1'30ci	25MAX-25E Fr-K	100	2,700	3.00	:57.40
2	MAIN	50 X 4	4	12	'45ci	SET DES1-3 Fly Ba 45" Br 50" Fr 40"	2,400	5,100	36.00	1:33.40
		50 X 8	8		'45ci	ALL OUT IMO*2 Fly Ba 45" Br 50" Fr 40"	400	5,500	6.00	1:39.40
3	Kick	100 X 1	1	4	1'30ci	HARD CYCLE IN	400	5,900	6.00	1:45.40
	Kick	50 X 4	4	4	'50ci		800	6,700	13.20	1:59.00
4	Down	50 X 12	12		1'00ci	4Kick/4DRILL/4SWIM DPS	600	7,300	12.00	2:11.00
							T-D	7,300	T-T	2:11.00

# 2017年 ナショナル合宿 IM男子チーム

2017年12月15日

15:00-17:30

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-u p	50 X 2	2	9	1'00ci	DIVE-IN15mSL・CHO/SA/本も・肩・踵タッチ/HUMAN-FN/OH 2種類 Fly 25DRILL-25DPS W:P/水面ハチン/DP-BFFlyW:FIN + 10" 35m NOB HARD+15mUW	900	900	18.00	:18.00
		50 X 6	6		1'00ci		300	1,200	6.00	:24.00
	Swim	100	15		1'40ci	Fly-Ba*3/Fr/Ba-Br*3/Fr/Br-Fr*3/Fr/IM*3	1,500	2,700	25.00	:49.00
2	Kick	50 X 4	4	4	1'00ci	IMS&IM=1-3DES Fr=DPS 25H-25E/25E-25H/50E/50H	800	3,500	16.00	1:05.00
	PULL	50	6		1'00ci	NO.B W:S Br Fr 25SC-25DPS W:S	300	3,800	6.00	1:11.00
	PULL	100	6		1'40ci	Fly H/Ba H/Br H/Fr H/Cho/IM HARD	600	4,400	10.00	1:21.00
	Sprint	25 X 4	4		3'00ci	DIVE	100	1,000	12.00	1:33.00
3	MAIN	200 X 1	1		30'00ci	撮影	200	4,700	30.00	2:03.00
4	Down	50 X 8	8		1'00ci	4DRILL/4SWIM DPS	400	5,100	8.00	2:11.00
							T-D	5,100	T-T	2:11.00

# 2017年 ナショナル令宿 IM男子チーム

2017年12月16日

8:40-11:40

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-up	400 X	1		8'00ci	SKPS W:FIN	400	400	8.00	:08.00
	DIVE	50 X	4		1'00ci	25mUW-K HARD/25mEASY W:FIN	200	600	4.00	:12.00
	FINS	50 X	6		'55ci	35m NOB HARD+15mUW	300	900	5.30	:17.30
2	FINK	50 X	6		1'00ci	15mUWK 1-3DES/35mSURFACE	300	1,200	6.00	:23.30
	FINK	100 X	8		1'30ci	1-3t BASARO 4-6t DP W:S 15mUW DP HARD -35m FIK W:BORD	800	2,000	12.00	:35.30
3	PULL	800 X	1		12'00ci	25mSC-75mDPS /25m3SRSK-75mDPS W:S	800	2,800	12.00	:47.30
	PULL	400 X	2		5'00ci	DPS	800	3,600	10.00	:57.30
	PULL	200 X	3		3'00ci	1-3DES	600	4,200	9.00	1:06.30
	PULL	100 X	8		1'40ci	DPS/HARD IMO	800	5,000	13.20	1:19.50
		100 X	1		5'00ci	Loosen	100	5,100	5.00	1:24.50
4	MAIN	400 X	5		6'00ci	IM-Fr-IM-Fr-IM IM=1-3DES BEST+60" 40" 20" Fr 3 O ス ト ロ ーク 以 内	2,000	7,100	30.00	1:54.50
		200 X	5		3'00ci	Fr-IM-Fr-IM-Fr Fr=1-3DES IM=DPS	1,000	8,100	15.00	2:09.50
		100 X	5		2'00ci	ALL OUT Fly/Ba/Br/Fr/IM	500	8,600	10.00	2:19.50
		50 X	8		1'00ci	EASY/HARD	400	9,000	8.00	2:27.50
	Kick	50 X	8		1'00ci	EASY/HARD	400	9,400	8.00	2:35.50
	Down	50 X	12		1'00ci	4KICK/4Drill/4SWIM DPS	600	10,000	12.00	2:47.50
							T-D	10,000	T-T	2:47.50

# 2017年 ナショナル令宿 IM男子チーム

2017年12月16日  
15:00-16:50

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-u p	50 X 1	1		2'00ci	DIVE 25m	50	50	2.00	:02.00
	Swim	400 X 1	1		6'00ci	UpDown/Ba WA/Fr3Ba2/SC/Fly-FrK/Ba DP/Br-FrK/Fr Dp	400	450	6.00	:08.00
	Swim	200 X 4	4		2'45ci	IM スライド	800	1,200	11.00	:19.00
2	Drill	50 X 8	8		1'15ci	Cho	400	1,650	10.00	:29.00
	Drill	50	4		1'15ci	STROKE-Count DES1-4	200	1,850	5.00	:34.00
	Swim	200	3		3'00ci	1 -- 3 DES BEST+30" 20" 10"	600	2,450	9.00	:43.00
3	SPRINT	25 X 12	12		1'00ci	DIVE 25m/TURN-10mH-STOP-5mK HARD/WK5"-TURN-PUSHU UP5-DIVE15m JUMP DP3 *5-15mSWIM	300	2,750	12.00	:55.00
4	MAIN	50 X 1	1	4	5'50ci	DIVE	200	2,950	3.20	:58.20
		100 X 1	1	4	1'30ci	EVEN HARD 400レーズスレード	400	3,350	6.00	1:04.20
		100 X 1	1	4	1'40ci	EVEN HARD 400レーズスレード	400	3,750	6.40	1:11.00
		50 X 1	1	4	5'00ci	MAX	200	3,950	20.00	1:31.00
5	Down	50 X 8	8		1'00ci	4Kick/4SWIM DPS	400	4,350	8.00	1:39.00
							T-D	4,350	T-T	1:39.00

# 2017年 ナショナル合宿 IM男子チーム

2017年12月17日

9:00-11:40

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-u p	400 X	1		8'00ci	SKPS W:FIN	400	400	8.00	:08.00
	DIVE	50 X	4		1'00ci	25mUW-K HARD/25mEASY W:FIN	200	600	4.00	:12.00
	FINS	50 X	6		'50ci	35m NOB HARD+15mUW	300	900	5.00	:17.00
2	FINP	400 X	4		6'00ci	OP-OF 2B 4B 6B Ba by100m 1 - 3t RB 2 - 4t LB	1,600	2,500	24.00	:41.00
	FINP	100 X	8		2'00ci	EASY/HARD	800	3,300	16.00	:57.00
3	PULL	400 X	1		6'00ci	25mSC-75mDPS /25m3SRSK-75mDPS W:S	400	3,700	6.00	1:03.00
	SWIM	200 X	3		2'40ci	hyp 4回/5回/HARD	600	4,300	8.00	1:11.00
	SWIM	100 X	6		1'30ci	hyp 3回/4回/HARD	600	4,900	9.00	1:20.00
	SWIM	50 X	4	4	1'00ci	3cho/Hard	800	5,700	16.00	1:36.00
4	Kick	100 X	4	3	1'45ci	1-4DES	1,200	6,900	21.00	1:57.00
	Kick	50 X	8		1'00ci	①Fly-Ba No.B ②Ba-Br NO.B ③Br-Fr W:Bord EASY/HARD	400	7,300	8.00	2:05.00
	D o w n	50 X	8		1'00ci	4Drill/4SWIM DPS	400	7,700	8.00	2:13.00
							T-D	T-T		
							7,700	7,700	T-T	2:13.00

# 2017年 ナショナル合宿 IM男子チーム

2017年12月17日  
15:30-18:00

No	Sys	D	R	S	Cycle	Subject	Dist	T-Dist	Time	Total
1	W-UP	50 X 4	4	3	50ci	IMO 50' 50" 45' ①IMR②15mUW ③CYCLE IN 25B-UP/25-50 NOB HARD	600	600	10.00	:10.00
	Swim	50 X 4	4		1'15ci		200	800	5.00	:15.00
	SWIM	100 X 10	10		1'40ci	IMO*2 1 - 2 DES/IMS DPS/Fr HARD	1,000	1,800	16.40	:31.40
2	Kick	50 X 4	4	4	1'00ci	IMO=Fly/Ba/Br IMS=Fly-Ba/Br/Br-Fr 25H-25E/25E-25H/50E/50H	800	2,600	16.00	:47.40
	Drill	50	8		1'15ci	Cho	400	3,000	10.00	:57.40
	Swim	50	8		1'00ci	DPS/B-UP	400	3,400	8.00	1:05.40
	Sprint	25 X 4	4		3'00ci	DIVE	100	3,500	12.00	1:17.40
3	MAIN	100 X 8	8		5'00ci	DATA	800	4,300	40.00	1:57.40
4	Down	50 X 8	8		1'00ci	4DRILL/4SWIM DPS	400	4,700	8.00	2:05.40
							T-D	4,700	T-T	2:05.40

National 2日(最終日)合同

AM 8:40-11:00  
12.18(月)

Wp 50x40-45~(45)CR  
300x100 EP 50 (40)  
300x100 50TRR 100 IM

P 100x100 IR-1.30 up. 50 } x 400

2nd 400x100 IR @ 40 @ 50  
3rd 200x100 IM @ 2'40 @ 30 @ 40

easy 25

(middle part)

K (50x40)x400 IM-0.40 10 @ 40 @ 40  
(100) 100x100 BR-40 @ 40  
50x60-45~(45) CR

down

at

PP 100x30 IM @ 1'20 @ 30  
100x30 IM @ 2'5

D 100x30 IM @ 4'40  
200x30 IM @ 4' @ 6'

easy 40

200x30 IM @ 2'40 @ 3 @ 10'

easy 50

100x100 @ 1'10 @ 20 ~ (45) CR

@ 30

down Des

D- 50x100 + 1 CR (100)