

JAPAN OWS TRAINING PROGRAM 2016 松山

年末合宿	SUN		2 5 th		DEC	2017 世界水泳に向けて！	GROUP	ALL	PM	13:30		
KPS	DIST		TIMES		SET	INSTRUCTION & Notes	Style	Cycle	System	Total Dist	Time	
W-UP	800	×	1			SKPS/choise e3	choise	14:00	A2	800	0:14:00	
Swim	100	×	12			PAD 15m/Head up-35m/Fr Hyp 5-50/Ba	Fr-Ba	1:30	EN2	1200	0:18:00	
SCU	50	×	1	×	6	Front SCU (45"以内)	SCU	:00	SP4	300	0:00:00	
Swim	50	×	1	×	6	25/Form - 25/HARD	Fr	1:45	EN1+	300	0:10:30	
Pull	100	×	12			男子1-05±0.5/女子1-07±0.5	Fr	1:30	EN1-	1200	0:18:00	
	100	×	12			男子1-02±0.5/女子1-04±0.5	Fr	1:20	EN1+	1200	0:16:00	
	100	×	12			男子59±0.5/女子1-02±0.5	Fr	1:15	EN2	1200	0:15:00	
			1			Rest 1'		1:00		0	0:01:00	
	100	×	12			男子56±0.5/女子1-00±0.5	Fr	1:30	EN3	1200	0:18:00	
Easy	100	×	1				choise	3:00	A1	100	0:03:00	
Kick	75	x	1	x	10	HARD ZFIN	Fr	:00	EN3	750	0:00:00	
	25	x	1	x	10	HARD ZFIN	Ba	1:45	A1	250	0:17:30	
Down	600	x	1			KPS	choise	10:00	A1	600	0:10:00	
MEMO										9100	2:21:00	
										A1	950	10%
										A2	800	9%
										EN1-	1200	13%
										EN1+	1500	16%
										EN2	2400	26%
										EN3	1950	21%
										SP1	0	0%
										SP2	0	0%
										SP3	0	0%
										SP4	300	3%

JAPAN OWS TRAINING PROGURAM 2016 松山

年末合宿	MON		26th		DEC	2017 世界水泳に向けて！	GROUP	ALL		AM	8:00
KPS	DIST		TIMES		SET	INSTRUCTION & Notes	Style	Cycle	System	Total Dist	Time
W-UP	800	x	1			SKPS Choise /E3	choise	14:00	EN1-	800	0:14:00
Swim	100	x	8			50FR-50Ba PAD	Fr-Ba	1:30	EN1+	800	0:12:00
Pull	100	x	50			男子1-03以内AV、女子1-07以内AV	Fr	1:15	EN2	5000	1:02:30
Swim	100	x	1			Rest 1分	Fr	1:00		0	0:01:00
Swim	100	x	30			Des/10-20-30	Fr	1:20	EN3	3000	0:40:00
						Des/男子1-04、1-01、58"				0	
						Des/女子1-07、1-04、1-01"				0	
Kick	200	x	3			ZFIN HARD (2-40以内)	Fr	3:00	EN2	600	0:09:00
Down	600	x	1			KPS	choise	10:00	A1	600	0:10:00
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
MEMO										10800	2:28:30
									A1	600	6%
									A2	0	0%
									EN1-	800	7%
									EN1+	800	7%
									EN2	5600	52%
									EN3	3000	28%
									SP1	0	0%
									SP2	0	0%
									SP3	0	0%
									SP4	0	0%

JAPAN OWS TRAINING PROGRAM 2016 松山

年末合宿	MON		26th		DEC	2017 世界水泳に向けて!	GROUP	ALL		PM	12:00	
KPS	DIST		TIMES		SET	INSTRUCTION & Notes	Style	Cycle	System	Total Dist	Time	
W-UP	800	x	1			SKPS Choise /E3	choise	14:00	EN1-	800	0:14:00	
Swim	100	x	8			50FR-50Ba PAD	Fr-Ba	1:30	EN1+	800	0:12:00	
Pull	100	x	1	x	5	50/Head up - 50/Ba B-up	Fr-Ba	1:30	EN2	500	0:07:30	
	50	x	8	x	5	HARD	Fr	:45	EN3	2000	0:30:00	
Pull Swim	2500	x	1			Des/500(男子27'台、女子28'台)	Fr	32:00	EN2	2500	0:32:00	
	100	x	20			HARD	Fr	1:20	EN3	2000	0:26:40	
						男子1-01AV、女子1-04AV				0		
Swim	50	x	4	x	2	PAD B-up Hyp 2	Fly	1:00	EN3	400	0:08:00	
	200	x	1	x	2	HARD PAD	Fr	2:30	EN3	400	0:05:00	
Down	600	x	1			KPS	choise	10:00	A1	600	0:10:00	
										0		
										0		
										0		
										0		
										0		
										0		
										0		
										0		
										0		
MEMO										10000	2:25:10	
										A1	600	6%
										A2	0	0%
										EN1-	800	8%
										EN1+	800	8%
										EN2	3000	30%
										EN3	4800	48%
										SP1	0	0%
										SP2	0	0%
										SP3	0	0%
										SP4	0	0%

JAPAN OWS TRAINING PROGRAM 2016 松山

年末合宿	TUE		27th		DEC	2017 世界水泳に向けて!	GROUP	ALL		AM	8:00	
KPS	DIST		TIMES		SET	INSTRUCTION & Notes	Style	Cycle	System	Total Dist	Time	
W-UP	800	×	1			SKPS/choise e3	choise	14:00	A2	800	0:14:00	
Pull	200	×	12			each 3t cycls up. Time Desnd ↑ 3t/2'20 , 3t/2'30 , 3t/2'40 , 3t/2'50	S1	2:40	EN2	2400	0:32:00	
SCU	50	×	1	×	8	Front SCU	SCU	:00	SP4	400	0:00:00	
Swim	50	×	1	×	8	25/Form - 25/HARD	Fr	1:40	EN1+	400	0:13:20	
Swim	100	x	50			HARD Hyp 4	Fr	1:15	EN3	5000	1:02:30	
Easy	100	x	1				choise	4:00	A1	100	0:04:00	
R.D	100	x	1			ALL OUT	Fr	5:00	SP1	100	0:05:00	
Down	600	x	1				choise	10:00	A1	600	0:10:00	
MEMO										9800	2:20:50	
										A1	700	7%
										A2	800	8%
										EN1-	0	0%
										EN1+	400	4%
										EN2	2400	24%
										EN3	5000	51%
										SP1	100	1%
										SP2	0	0%
										SP3	0	0%
										SP4	400	4%

JAPAN OWS TRAINING PROGRAM 2016 松山

年末合宿	TUE		27th		DEC	2017 世界水泳に向けて!	GROUP	ALL		PM	12:00
KPS	DIST		TIMES		SET	INSTRUCTION & Notes	Style	Cycle	System	Total Dist	Time
W-UP	800	×	1			SKPS/choise e3	choise	14:00	A2	800	0:14:00
Pull	200	×	5			男子2-10±0.5/女子2-16±0.5	Fr	2:50	EN1-	1000	0:14:10
	200	×	5			男子2-05±0.5/女子2-11±0.5	Fr	2:40	EN1+	1000	0:13:20
	200	×	5			男子2-00±0.5/女子2-07±0.5	Fr	2:30	EN2	1000	0:12:30
				1		Rest 1'		1:00			0
	200	×	5			男子1-57±0.5/女子2-04±0.5	Fr	3:00	EN3	1000	0:15:00
Easy	100	×	1				choise	3:00	A1	100	0:03:00
Swim	6500	x	1			HARD	Fr	80:00	EN3	6500	1:20:00
Down	600	x	1			男子7'5"以内 女子7'9"以内	choise	10:00	A1	600	0:10:00
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
MEMO										12000	2:43:00
									A1	700	6%
									A2	800	7%
									EN1-	1000	8%
									EN1+	1000	8%
									EN2	1000	8%
									EN3	7500	63%
									SP1	0	0%
									SP2	0	0%
									SP3	0	0%
									SP4	0	0%

JAPAN OWS TRAINING PROGRAM 2016 松山

年末合宿	WED		28th		DEC	2017 世界水泳に向けて!	GROUP	ALL	AM	8:00	
KPS	DIST		TIMES		SET	INSTRUCTION & Notes	Style	Cycle	System	Total Dist	Time
W-up	800	x	1			SKPS/e3 choise	choise	14:00	A2	800	0:14:00
Swim	200	x	6			150Fr-50Ba B-up Last 15m ALL OUT	Fr-Ba	3:00	EN2	1200	0:18:00
Pull	100	x	20			Hyp 5	Fr	1:15	EN2	2000	0:25:00
Swim	400	x	1	x	3	Set Des/1-3	Fr	5:30	EN2	1200	0:16:30
	200	x	2	x	3	Hyp 5 PAD Swim	Fr	3:00	EN1+	1200	0:18:00
	100	x	4	x	3	HARD	Fr	1:20	EN3	1200	0:16:00
Easy	100	x	1				choise	4:00	A1	100	0:04:00
Swim	50	x	5	x	4	One DIVE	S1	:40	EN3	1000	0:13:20
	50	x	1	x	4	Easy	choise	3:00	A1	200	0:12:00
Down	600	x	1				choise	10:00	A1	600	0:10:00
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
MEMO										9500	2:26:50
									A1	900	9%
									A2	800	8%
									EN1-	0	0%
									EN1+	1200	13%
									EN2	4400	46%
									EN3	2200	23%
									SP1	0	0%
									SP2	0	0%
									SP3	0	0%
									SP4	0	0%

JAPAN OWS TRAINING PROGRAM 2016 松山

年末合宿	WED		28th		DEC	2017 世界水泳に向けて！	GROUP	ALL		PM	12:00
KPS	DIST		TIMES		SET	INSTRUCTION & Notes	Style	Cycle	System	Total Dist	Time
W-up	800	x	1			SKPS/e3 choise	choise	14:00	A2	800	0:14:00
										0	
Swim	50	x	5	x	3	Drill	Fr	1:10	A2	750	0:17:30
	50	x	1	x	3	DPS Form	Fr	1:00	EN1-	150	0:03:00
	25	x	2	x	3	ALL OUT	Fr	:00	SP1	150	0:00:00
	25	x	2	x	3	Easy	choise	1:10	A1	150	0:07:00
	50	x	9	x	3	HARD	Fr	:50	EN3	1350	0:22:30
	50	x	1	x	3	Easy	choise	1:20	A1	150	0:04:00
										0	
Swim	200	x	8			One DIVE HARD	Fr	3:00	EN3	1600	0:24:00
	100	x	1			Easy	choise	4:00	A1	100	0:04:00
	100	x	8			One DIVE HARD	Fr	1:20	EN3	800	0:10:40
	100	x	1			Easy	choise	4:00	A1	100	0:04:00
	100	x	8			One DIVE HARD	Fr	1:40	EN3	800	0:13:20
	100	x	1			Easy	choise	4:00	A1	100	0:04:00
	50	x	16			One DIVE HARD	Fr	:45	EN3	800	0:12:00
	100	x	1			Easy	choise	4:00	A1	100	0:04:00
	50	x	16			One DIVE HARD	Fr	1:00	EN3	800	0:16:00
										0	
										0	
Down	600	x	1				choise	10:00	A1	600	0:10:00
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
MEMO										9300	2:50:00
									A1	1300	14%
									A2	1550	17%
									EN1-	150	2%
									EN1+	0	0%
									EN2	0	0%
									EN3	6150	66%
									SP1	150	2%
									SP2	0	0%
									SP3	0	0%
									SP4	0	0%

JAPAN OWS TRAINING PROGRAM 2016 松山

年末合宿	THU		29th		DEC	2017 世界水泳に向けて！	GROUP	ALL	AM	8:00	
KPS	DIST		TIMES		SET	INSTRUCTION & Notes	Style	Cycle	System	Total Dist	Time
W-UP	800	×	1			SKPS/choise e3	choise	14:00	A2	800	0:14:00
Pull	200	×	6			男子2-10±0.5/女子2-16±0.5	Fr	2:50	EN1-	1200	0:17:00
	200	×	6			男子2-05±0.5/女子2-11±0.5	Fr	2:40	EN1+	1200	0:16:00
	200	×	6			男子2-00±0.5/女子2-07±0.5	Fr	2:30	EN2	1200	0:15:00
				1		Rest 1'		1:00		0	0:01:00
Easy	200	×	6			男子1-57±0.5/女子2-04±0.5	Fr	3:00	EN3	1200	0:18:00
	100	×	1				choise	3:00	A1	100	0:03:00
Swim	2500	x	1			Des/500(男子27'台、女子28'台)	Fr	32:00	EN2	2500	0:32:00
Swim	100	x	8			HARD	Fr	1:20	EN3	800	0:10:40
Swim						男子1-01AV、女子1-04AV				0	
	50	x	8			odd/Fly, even/Fr	Fly/Fr	:50	EN2	400	0:06:40
Down										0	
	600	x	1			KPS	choise	10:00	A1	600	0:10:00
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
										0	
MEMO										10000	2:23:20
									A1	700	7%
									A2	800	8%
									EN1-	1200	12%
									EN1+	1200	12%
									EN2	4100	41%
									EN3	2000	20%
									SP1	0	0%
									SP2	0	0%
									SP3	0	0%
									SP4	0	0%

JAPAN OWS TRAINING PROGRAM 2016 松山

年末合宿	THU		29th		#REF!	#REF!	GROUP	ALL	PM	12:00		
KPS	DIST		TIMES		SET	INSTRUCTION & Notes	Style	Cycle	System	Total Dist	Time	
W-UP	800	x	1			SKPS Choise /E3	choise	14:00	EN1-	800	0:14:00	
Swim	100	x	20			50FR-50Ba PAD	Fr-Ba	1:30	EN1+	2000	0:30:00	
Pull	600	x	1	x	2	Des/200	Fr	7:45	EN2	1200	0:15:30	
	100	x	10	x	2	Hyp5 6t/Des1-6 4t/ HARD	Fr	1:20	EN2	2000	0:26:40	
Swim	50	x	10			Even Pace (ストローク数チェック)	Fly	1:00	EN2	500	0:10:00	
	50	x	4			HARD	Fly	:45	EN3	200	0:03:00	
	100	x	1			Easy	choise	3:00	A1	100	0:03:00	
	50	x	10			Even Pace (ストローク数チェック)	Ba	1:00	EN2	500	0:10:00	
	50	x	4			HARD	Ba	:45	EN3	200	0:03:00	
	100	x	1			Easy	choise	3:00	A1	100	0:03:00	
	50	x	10			Even Pace (ストローク数チェック)	Br	1:00	EN2	500	0:10:00	
	50	x	4			HARD	Br	:45	EN3	200	0:03:00	
	100	x	1			Easy	choise	3:00	A1	100	0:03:00	
	50	x	10			Even Pace (ストローク数チェック)	Fr	1:00	EN2	500	0:10:00	
	50	x	4			HARD	Fr	:45	EN3	200	0:03:00	
	100	x	1			Easy	choise	3:00	A1	100	0:03:00	
	Kick	100	x	6			ZFIN HARD	Fr	1:30	EN3	600	0:09:00
											0	
Down	600	x	1			KPS	choise	10:00	A1	600	0:10:00	
										0		
										0		
MEMO										10400	2:49:10	
									A1	1000	10%	
									A2	0	0%	
									EN1-	800	8%	
									EN1+	2000	19%	
									EN2	5200	50%	
									EN3	1400	13%	
									SP1	0	0%	
									SP2	0	0%	
									SP3	0	0%	
									SP4	0	0%	

JAPAN OWS TRAINING PROGRAM 2016 松山

年末合宿	FRY		30th		DEC	2017 世界水泳に向けて!	GROUP	ALL		AM	8:00
KPS	DIST		TIMES		SET	INSTRUCTION & Notes	Style	Cycle	System	Total Dist	Time
W-UP	800	×	1			SKPS/choise e3	choise	14:00	A2	800	0:14:00
Pull	200	×	5			男子2-10±0.5/女子2-16±0.5	Fr	2:45	EN1-	1000	0:13:45
	200	×	5			男子2-05±0.5/女子2-11±0.5	Fr	2:35	EN1+	1000	0:12:55
	200	×	5			男子2-00±0.5/女子2-07±0.5	Fr	2:25	EN2	1000	0:12:05
				1		Rest 1'		1:00		0	0:01:00
Easy	200	×	5			男子1-57±0.5/女子2-04±0.5	Fr	2:50	EN3	1000	0:14:10
	100	×	1				choise	3:00	A1	100	0:03:00
Swim	3000	x	1			Des/500(男子33'台、女子34'台)	Fr	35:00	EN2	3000	0:35:00
Swim	100	x	4			HARD	Fr	1:15	EN3	400	0:05:00
						男子1-01AV、女子1-04AV				0	
										0	
										0	
Down	800	x	1			KPS	choise	8:00	A1	800	0:08:00
				0							
				0							
				0							
				0							
				0							
				0							
				0							
				0							
				0							
				0							
MEMO									9100	1:58:55	
									A1	900	10%
									A2	800	9%
									EN1-	1000	11%
									EN1+	1000	11%
									EN2	4000	44%
									EN3	1400	15%
									SP1	0	0%
									SP2	0	0%
									SP3	0	0%
									SP4	0	0%