

Summer Camp

2011/7/26

Time Trial

西医体まで 9 days

@鈴鹿スポーツガーデン

(Tue.)

<i>Start Time</i>	<i>Work</i>	<i>Set</i>	<i>Rep</i>	<i>Dis</i>	<i>A</i>	<i>B</i>	<i>Description</i>	<i>Stk</i>	<i>Egy</i>
16:00	W-up					30:00	Free Plan	Cho	A2
16:35	Dive	n *	1 *	25		20:00	Dive	S1	SP
17:00	T.T	1 *	1 *	400			Time Trial	S1	AN
		or							
17:13		1 *	1 *	200			Time Trial	S1	AN
		or							
17:18		1 *	1 *	100			Time Trial	S1	AN
		or							
17:33		1 *	1 *	50			Time Trial	S1	AN
17:45	Down	1 *	4 *	100 on	2:20	2:30	Smooth	Cho	A1
Total					400m+ α	400m+ α			

<i>Start Time</i>	<i>Work</i>	<i>Set</i>	<i>Rep</i>	<i>Dis</i>	<i>C</i>	<i>D</i>	<i>Description</i>	<i>Stk</i>	<i>Egy</i>
16:00	W-up					30:00	Free Plan	Cho	A2
16:35	Dive	n *	1 *	25		20:00	Dive	S1	SP
17:00	T.T	1 *	1 *	400			Time Trial	S1	AN
		or							
17:13		1 *	1 *	200			Time Trial	S1	AN
		or							
17:18		1 *	1 *	100			Time Trial	S1	AN
		or							
17:33		1 *	1 *	50			Time Trial	S1	AN
17:45	Down	1 *	6 *	50 on	1:30	1:40	Smooth	Cho	A1
Total					300m+ α	300m+ α			

Summer Camp

@鈴鹿スポーツガーデン

2011/7/27

(Wed.)

Long

Mental

西医体まで 8 days

Start Time	Work	Set	Rep	Dis	A	B	Description	Stk	Egy
09:00	W-up	1 *	1 *	200 on	3:30	2:00 (100m)	Choice	Cho	A2
		1 *	1 *	200 on	3:40	4:30	Individual Medley	IM	EN2
		2 *	1 *	50 on	0:55	1:00	Rest Cut	Cho	EN2
			1 *	50 on	0:50	0:55	Rest Cut	Cho	EN2
			1 *	50 on	0:45	0:50	Rest Cut	Cho	EN2
			1 *	50 on	0:40	0:45	Rest Cut	Cho	EN3
09:17	Swim	1 *	4 *	200 on	3:00	3:20	Aiobic Training	Fr	EN2
			+ rest	on	1:00	1:00	rest		
		10 *	2 *	50 on	0:50	0:55(*9s)	Forming	Cho	EN1
			1 *	50 on	0:50	0:55(*9s)	Speed	Cho	EN2
		1 *	2 *	50 on	0:50	0:55(*1t)	Forming	Cho	EN1
09:58	Swim	1 *	1 *	100 on	3:00	3:00	Loosen	Cho	A1
10:02	Kick	2 *	3 *	100 on	2:05	2:15	Des in set	S1	EN2
		1 *	4 *	50 on	1:10	1:15 (*3t)	Speed Mix (B) 1t:HE 2t:Build-up 3t:Hard	S1	EN2
10:23	Swim	1 *	3 *	100 on	1:50	2:00	Des 1	S1	EN2
		1 *	3 *	100 on	1:50	2:00	Des 2	S1	EN2
		1 *	3 *	100 on	1:50	2:00 (*2t)	Des 3	S1	EN3
		1 *	2 *	100 on	1:50	2:00	Des 4	S1	EN3
			+ rest	on	0:30	0:40	rest		
		1 *	4 *	50 on	1:20	1:20	~25m:Fly on Fr-Kick Sprint, No-Breath	Fly	AN3
10:50	Down	1 *	1 *	300 on	8:00	8:00	Smooth	Cho	A1
Total					5700	5450			
Start Time	Work	Set	Rep	Dis	C	D	Description	Stk	Egy
09:00	W-up	1 *	1 *	100 on	2:20	2:40	Choice	Cho	A2
		1 *	1 *	100 on	2:30	2:50	(C)Individual Medley (D)KRLS	IM	EN2
		2 *	1 *	50 on	1:10	1:25	Rest Cut	Cho	EN2
			1 *	50 on	1:05	1:20	Rest Cut	Cho	EN2
			1 *	50 on	1:00	1:15	Rest Cut	Cho	EN2
			1 *	50 on	0:55	-	Rest Cut	Cho	EN3
09:17	Swim	1 *	4 *	200 on	3:50	2:30(100*5t)	Aiobic Training	Fr	EN2
			+ rest	on	1:00	1:00	rest		
		8 *	2 *	50 on	1:00	1:20(*6s)	Forming	Cho	EN1
			1 *	50 on	1:00	1:20(*6s)	Speed	Cho	EN2
		1 *	2 *	50 on	-	1:20	Forming	Cho	EN1
09:58	Swim	1 *	1 *	100 on	3:00	3:00	Loosen	Cho	A1
10:02	Kick	2 *	3 *	100 on	2:30	2:45	Des in set	S1	EN2
		1 *	2 *	50 on	1:20	-	1t:HE 2t:Hard	S1	EN2
10:23	Swim	1 *	3 *	100 on	2:10	2:30	Des 1	S1	EN2
		1 *	3 *	100 on	2:10	2:30	Des 2	S1	EN2
		1 *	3 *	100 on	2:10	2:30(*2t)	Des 3	S1	EN3
			+ rest	on	0:30	0:30	rest		
		1 *	4 *	50 on	1:30	1:40(*3t)	~25m:Fly on Fr-Kick Sprint, No-Breath	Fly	AN3
10:50	Down	1 *	1 *	250 on	8:00	8:00	Smooth	Cho	A1
Total					4750	3900			

Start Time	Work	Set	Rep	Dis	A	B	Description	Stk	Egy
16:00	W-up	1 *	1 *	200 on	3:30	3:50	Double Stream Line	Cho	A2
		1 *	2 *	100 on	2:00	2:10	Sc/Swim/Straight Pull/Swim	Cho	A1
		1 *	3 *	100 on	1:50	2:00(*2t)	V-Sprint, Sprint Ver.	Cho	EN2
16:17	Pull	4 *	1 *	150 on	2:20	2:40	Lung Buster/50m	Fr	EN2
			1 *	50 on	0:50	1:00	Hard	Fr	EN2
		1 *	1 *	100 on	1:30	-	Speed	Fr	EN2
16:35	Kick	1 *	6 *	100 on	2:00	2:10(*5t)	Middle	S1	EN2
		1 *	2 *	50 on	1:20	1:20(*3t)	odd:25H25E even:Hard	S1	EN3
16:53	Drill	1 *	8 *	50 on	1:10	1:20(*7t)	Drill	S1	A2
17:08	Swim				SA	SB			
		1 *	4 *	50 on	1:20	1:30	Descending	S1	EN2
			+ rest	on	0:40	0:30	rest		
		2 *	4 *	50 on	1:20	1:40	3Hard 1Easy	S1	AN1
		2 *	4 *	50 on	1:30	1:50(*3t)	(A)3Hard 1Easy (B)H H E H E H	S1	AN1
17:43	Kick	1 *	2 *	50 on	1:10	-	All Out!!	S1	AN1
17:43	Kick	1 *	4 *	50 on	1:15	1:30(*3t)	odd:25H25E even:Smooth	Cho	AN2
								Cho	A1
17:50	Down	1 *	1 *	300 on	8:00	8:00(250m)	Smooth	Cho	A1

Total

Start Time	Work	Set	Rep	Dis	C	D	Description	Stk	Egy
16:00	W-up	1 *	1 *	200 on	4:20	2:30(100m)	Double Stream Line	Cho	A2
		1 *	2 *	100 on	2:20	2:40	Sc/Swim/Straight Pull/Swim	Cho	A1
		1 *	2 *	100 on	2:10	2:30	V-Sprint, Sprint Ver.	Cho	EN2
16:17	Pull	4 *	1 *	150 on	3:00(*3s)	2:30(100m)	Lung Buster/50m (D)L.B. 9	Fr	EN2
			1 *	50 on	1:10(*3s)	1:20	Hard	Fr	EN2
		1 *	1 *	100 on	1:50	-	Speed	Fr	EN2
16:35	Kick	1 *	5 *	100 on	2:25	2:45(4t)	Middle	S1	EN2
		1 *	2 *	50 on	1:25	1:30	odd:25H25E even:Hard	S1	EN3
16:53	Drill	1 *	6 *	50 on	1:20(*7t)	1:30	Drill	S1	A2
17:08	Swim				M				
		1 *	4 *	50 on	1:20		Descending	S1	EN2
			+ rest	on	0:40		rest		
		1 *	4 *	50 on	1:10		High-Average	S1	EN2
		1 *	4 *	50 on	1:05		High-Average	S1	EN2
		1 *	4 *	50 on	1:00		High-Average	S1	EN2
		1 *	4 *	50 on	0:55		High-Average	S1	EN3
		1 *	4 *	50 on	0:50		High-Average	S1	EN3
			+ rest	on	1:00		rest		
17:43	Kick	1 *	2 *	50 on	1:00		All Out!!!	S1	AN1
17:43	Kick	1 *	4 *	50 on	1:15	1:30(*3t)	odd:25H25E even:Smooth	Cho	AN2
								Cho	A1
17:50	Down	1 *	1 *	300 on	8:00	8:00(250m)	Smooth	Cho	A1

Total

Summer Camp
@ 鈴鹿スポーツガーデン

2011/7/28
(Thu.)

Broken
Simulation

西医体まで 7 days

Start Time	Work	Set	Rep	Dis	A	B	Description	Stk	Egy
10:00	W-up	1 *	5 *	100 on	2:00	2:00	Choice	Cho	A2
			+ rest	on	1:00	1:00	rest		
		1 *	6 *	50 on	1:15	1:15	15mDasy-35mEasy	Cho	SP2
10:21	Drill	1 *	8 *	50 on	1:20	1:20	Drill	Cho	A1
10:35	Swim	1 *	4 *	50 on	1:10	1:10	Kick-Swim/25m	S1	EN2
		2 *	4 *	50 on	1:30	1:30	Des in set	S1	EN2
10:53	Swim	1 *	1 *	100 on	3:00	3:00	Loosen	Cho	A1
10:57	Broken	1 *	1 *	100			50m + rest 10" + 50m	S1	AN2
		or							
		1 *	1 *	200			100m + rest 10" + 50m + rest 10" + 50m	S1	AN2
		or							
		1 *	1 *	400			100m + rest 10" + 200m + rest 10" + 100m	S1	AN2
11:28	Dive	n *	1 *	25 on	20:00	20:00	Dive Practice	S1	SP
11:40	Down	1 *	8 *	50 on	1:20	1:30(*7t)	Smooth	Cho	A1
11:53	Photo				5:00	5:00	Take Pictures		
Total					2700+α	2650+α			

Start Time	Work	Set	Rep	Dis	C	D	Description	Stk	Egy
10:00	W-up	1 *	4 *	100 on	2:20	1:30(50*6t)	Choice	Cho	A2
			+ rest	on	1:00	1:00	rest		
		1 *	6 *	50 on	1:20	1:30	15mDasy-35mEasy	Cho	SP2
10:21	Drill	1 *	6 *	50 on	1:40	1:40	Drill	Cho	A1
10:35	Swim	1 *	4 *	50 on	1:20	1:30	Kick-Swim/25m	S1	EN2
		2 *	3 *	50 on	1:40	1:40	Des in set	S1	EN2
10:53	Swim	1 *	1 *	100 on	3:00	3:00	Loosen	Cho	A1
10:57	Broken	1 *	1 *	100			50m + rest 10" + 50m	S1	AN2
		or							
		1 *	1 *	200			100m + rest 10" + 50m + rest 10" + 50m	S1	AN2
		or							
		1 *	1 *	400			100m + rest 10" + 200m + rest 10" + 100m	S1	AN2
11:28	Dive	n *	1 *	25 on	20:00	20:00	Dive Practice	S1	SP
11:40	Down	1 *	6 *	50 on	1:30(*7t)	1:40	Smooth	Cho	A1
11:53	Photo				5:00	5:00	Take Pictures		
Total					1950+α	1900+α			