Nalu Aquatic Club Swim Training Workout 2011-2012

Long Wed/ 08/Feb/2012

日本選手権(ｵﾘﾝﾋﾟｯｸ選考会)まであと 54日
全国JOCｼﾞｭﾆｱｵﾘﾝﾋﾟｯｸｶｯﾌﾟ春季大会まであと 48日

Start
Finish

Start Time	SKP	t	*	m	(on)	Set Descripcion	System	Distance
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0
00:00								0

Stage	2
Phase	7
Week	21
Day	150
A1	0
A1+	0
EN1	0
EN1'	0
EN2	0
EN3	0
EN4	0
AN1	0
AN2	0
AN3	0
Total	**0**
SV	**0**
SVPM	**#DIV/0!**
Swim	0
Kick	0
Pull	0
Others	0

Nalu Aquatic Club Swim Training Workout 2011-2012

Middle Wed/ 08/Feb/2012

日本選手権(ｵﾘﾝﾋﾟｯｸ選考会)まであと 54日
全国JOCｼﾞｭﾆｱｵﾘﾝﾋﾟｯｸｶｯﾌﾟ春季大会まであと 48日

17:00 Start
18:59 Finish LCM Chiba Int'l General Swimming Centre

Start Time	SKP	t	*	m	(on)	Set Descripcion	System	Distance
17:00	S	1	*	400	06:30	Swim Choice W-Up	A1	400
17:06	K	8	*	50	01:00	Swim W/Fins Br W/Dolphin-Kick	EN1	800
17:14	+K	10	*	50	01:10	Kick Br W/Board Face-in 1Kick/1Breathe SM	EN1	200
17:26	+Rest	1	*		00:20		EN1'	200
17:26	+K	8	*	100	02:00	Kick Br W/Board Des @2t to EN3	EN2	200
17:42							EN3	200
17:42	+S	20	*	25	00:40	Swim Br(Ch) 1-8) W/AP's 9-20) Drills	A1+	500
17:55	+S	1	*	100	05:00	Swim Choice Recovery	A1	100
18:00	P	20	*	50	00:45	Pull W/Buoy,Pads,Snorkel Fr	EN1	1000
18:15	+S	12	*	50	01:00	Swim Br 3K1S/2K1S/1K1S @alt Hold EN1'	EN1'	600
18:27	8Rounds;							0
18:27	-S	1	*	50	01:30	Swim Prim. From-Turn Sprint/Recovery @25m	AN3	200
18:39	-S	1	*	50	01:30	Swim Prim. Push Max-Effort(AN1)	AN1	400
18:51							A1	200
18:51	+KPS	1	*	400	08:00	K/P/S @Self Choice enough recovery more than 400m	A1	400
18:59								0
18:59								0
18:59	MASAHIRO, TSUBASA, TAKUMI, YUUYA, NAOYA, YUUTA, AYA, MARINA							0

Stage	2
Phase	7
Week	21
Day	150
A1	1100
A1+	500
EN1	2000
EN1'	800
EN2	200
EN3	200
EN4	0
AN1	400
AN2	0
AN3	200
Total	**5400**
SV	**160.5**
SVPM	**2.97**
Swim	2200
Kick	1200
Pull	1000
Others	1000

Nalu Aquatic Club Swim Training Workout 2011-2012

Short-1 Wed/ 08/Feb/2012

日本選手権(ｵﾘﾝﾋﾟｯｸ選考会)まであと 54日
全国JOCｼﾞｭﾆｱｵﾘﾝﾋﾟｯｸｶｯﾌﾟ春季大会まであと 48日

17:00 Start
19:01 Finish LCM Chiba Int'l General Swimming Centre

Start Time	SKP	t	*	m	(on)	Set Descripcion	System	Distance
17:00	S	1	*	400	06:30	Swim Choice W-Up	A1	400
17:06	K	20	*	50	01:00	Kick W/Fins No-Board	EN1	1000
17:26						#1-4) Flutter Fr/Side/Ba/Screw @alt #5-8) Dolphin Ditto	EN1	200
17:26						17-20) Prim. Fr,Ba=Flutter Fly=Dolphin	EN1'	200
17:27	+K	8	*	100	02:00	Kick No-Fins Prim. W/Board(except-Ba) Des @2t to EN3	EN2	200
17:43							EN3	200
17:43	+S	20	*	25	00:40	Swim Choice 1-8) W/AP's 9-20) Drills	A1+	500
17:57	+S	1	*	100	05:00	Swim Choice Recovery	A1	100
18:02	P	20	*	50	00:45	Pull W/Buoy,Pads,Snorkel Fr	EN1	1000
18:17	+S	8	*	100	01:30	Swim Prim./Fr @50m Hold EN1'	EN1'	800
18:29	8Rounds;							0
18:29	-S	1	*	50	01:30	Swim Prim. From-Turn Sprint/Recovery @25m	AN3	200
18:41	-S	1	*	50	01:30	Swim Prim. Push Max-Effort(AN1)	AN1	400
18:53							A1	200
18:53	+KPS	1	*	400	08:00	K/P/S @Self Choice enough recovery more than 400m	A1	400
19:01								0
19:01								0
19:01	DAISUKE(Fr), YURI(Fly), YUKARI(Fr), NAO(Fr), KANAE(Fly), AKANE(Fr), MOENA(Fr), RIKA(Ba)							0

Stage	2
Phase	7
Week	21
Day	150
A1	1100
A1+	500
EN1	2200
EN1'	1000
EN2	200
EN3	200
EN4	0
AN1	400
AN2	0
AN3	200
Total	**5800**
SV	**170.5**
SVPM	**2.94**
Swim	2400
Kick	1200
Pull	1000
Others	1200

Nalu Aquatic Club Swim Training Workout 2011-2012

Short-2 Wed/ 08/Feb/2012

日本選手権(ｵﾘﾝﾋﾟｯｸ選考会)まであと 54日
全国JOCｼﾞｭﾆｱｵﾘﾝﾋﾟｯｸｶｯﾌﾟ春季大会まであと 48日

17:00 Start
19:01 Finish LCM Chiba Int'l General Swimming Centre

Start Time	SKP	t	*	m	(on)	Set Descripcion	System	Distance
17:00	S	1	*	400	06:30	Swim Choice W-Up	A1	400
17:06	K	20	*	50	01:00	Kick W/Fins No-Board	EN1	1000
17:26						#1-4) Flutter Fr/Side/Ba/Screw @alt #5-8) Dolphin Ditto	EN1	200
17:26						17-20) Prim. Fr,Ba=Flutter Fly=Dolphin	EN1'	200
17:27	+K	8	*	100	02:00	Kick No-Fins Prim. W/Board(except-Ba) Des @2t to EN3	EN2	200
17:43							EN3	200
17:43	+S	20	*	25	00:40	Swim Choice 1-8) W/AP's 9-20) Drills	A1+	500
17:57	+S	1	*	100	05:00	Swim Choice Recovery	A1	100
18:02	P	20	*	50	00:45	Pull W/Buoy,Pads,Snorkel Fr	EN1	1000
18:17	+S	8	*	100	01:30	Swim Prim./Fr @50m Hold EN1'	EN1'	800
18:29	8Rounds;							0
18:29	-S	1	*	50	01:30	Swim Prim. From-Turn Sprint/Recovery @25m	AN3	200
18:41	-S	1	*	50	01:30	Swim Prim. Push Max-Effort(AN1)	AN1	400
18:53							A1	200
18:53	+KPS	1	*	400	08:00	K/P/S @Self Choice enough recovery more than 400m	A1	400
19:01								0
19:01								0
19:01	DAISUKE(Fr), YURI(Fly), YUKARI(Fr), NAO(Fr), KANAE(Fly), AKANE(Fr), MOENA(Fr), RIKA(Ba)							0

Stage	2
Phase	7
Week	21
Day	150
A1	1100
A1+	500
EN1	2200
EN1'	1000
EN2	200
EN3	200
EN4	0
AN1	400
AN2	0
AN3	200
Total	**5800**
SV	**170.5**
SVPM	**2.94**
Swim	2400
Kick	1200
Pull	1000
Others	1200