

# 2017年12月28日(木) チャレンジマスターズA(サブ2レーン)

| Category  | Distance | Time | Cycle | Style | Description | Total                                            | Time |         |
|-----------|----------|------|-------|-------|-------------|--------------------------------------------------|------|---------|
| W-up      | 100      | ×    | 4     | 02:00 | Fr/Oth      | 奇 Fr-Ba/50 偶 Fr-Br/50                            | 400  | 0:08:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Kick      | 50       | ×    | 6     | 01:15 | IM-S        | IM-Switch(1,Fly-Ba/25 2,Ba-Br/25 3,Br-Fr/25) × 2 | 300  | 0:07:30 |
| Kick-Swim | 50       | ×    | 4     | 01:15 | choice      | 潜水キック15m以上 残りEasy Swim                           | 200  | 0:05:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Pull      | 100      | ×    | 4     | 01:45 | Fr          | EVEN                                             | 400  | 0:07:00 |
|           | 50       | ×    | 4     | 01:00 | S1          | 奇 Hard-Easy/25 偶 Forming                         | 200  | 0:04:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Swim      | 100      | ×    | 3     | 02:00 | IM/Oth      | 1、IM100 2、Fr 3、S1                                | 300  | 0:06:00 |
|           | 50       | ×    | 4     | 01:00 | S1          | Power Swim 5(10)St 残りEasy                        | 200  | 0:04:00 |
|           | 50       | ×    | 4     | 01:00 | S1          | 奇 Hard-Easy/25 偶 Forming                         | 200  | 0:04:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Loosen    | 100      | ×    | 1     | 05:00 | choice      | Recovery                                         | 100  | 0:05:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Main      | 200      | ×    | 5     | 04:00 | S1          | Hard                                             | 1000 | 0:20:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Down      | 200      | ×    | 1     | 05:00 | choice      |                                                  | 200  | 0:05:00 |

Total. 3500 1:15:30

# 2017年12月28日(木) チャレンジマスターズB(サブ2レーン)

| Category  | Distance | Time | Cycle | Style | Description | Total                                            | Time |         |
|-----------|----------|------|-------|-------|-------------|--------------------------------------------------|------|---------|
| W-up      | 100      | ×    | 3     | 02:20 | Fr/Oth      | 奇 Fr-Ba/50 偶 Fr-Br/50                            | 300  | 0:07:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Kick      | 50       | ×    | 4     | 01:30 | IM/cho      | 1,Fly-cho/25 2,Ba-cho/25 3,Br-cho/25 4,Fr-cho/25 | 200  | 0:06:00 |
| Kick-Swim | 50       | ×    | 4     | 01:30 | choice      | 潜水キック15m以上 残りEasy Swim                           | 200  | 0:06:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Pull      | 100      | ×    | 3     | 02:00 | Fr          | EVEN                                             | 300  | 0:06:00 |
|           | 50       | ×    | 4     | 01:20 | S1          | 奇 Hard-Easy/25 偶 Forming                         | 200  | 0:05:20 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Swim      | 100      | ×    | 2     | 02:20 | IM/S1       | 1、IM100 2、S1                                     | 200  | 0:04:40 |
|           | 50       | ×    | 4     | 01:20 | S1          | Power Swim 5(10)St 残りEasy                        | 200  | 0:05:20 |
|           | 50       | ×    | 4     | 01:20 | S1          | 奇 Hard-Easy/25 偶 Forming                         | 200  | 0:05:20 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Loosen    | 100      | ×    | 1     | 05:00 | choice      | Recovery                                         | 100  | 0:05:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Main      | 200      | ×    | 4     | 05:00 | S1          | Hard                                             | 800  | 0:20:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
|           |          |      |       |       |             |                                                  | 0    | 0:00:00 |
| Down      | 200      | ×    | 1     | 05:00 | choice      |                                                  | 200  | 0:05:00 |

Total. 2900 1:15:40