

GOLDクラス練習スケジュール

2023年

| 月日 | | 曜日 | | 担当 | クラス | 目的 | メイン種目 | メイン練習 | 距離 | 本数 | セット | サイクル | RI | 総距離 | 備考 |
|----|-----|----|----|----|-----|--------------|-------|----------|----|----|-----|---------|----|-------|----|
| 5月 | 1日 | 月 | AM | 原 | A | 休 校 日 | | | | | | | | | |
| | | | | | B | | | | | | | | | | |
| | | | | | C | | | | | | | | | | |
| | | | PM | 早川 | A | | | | | | | | | | |
| | | | | | B | | | | | | | | | | |
| | | | | | C | | | | | | | | | | |
| | 3日 | 水 | AM | 熊谷 | A | 休 校 日(憲法記念日) | | | | | | | | | |
| | | | | | B | | | | | | | | | | |
| | | | | | C | | | | | | | | | | |
| | 4日 | 木 | PM | 原 | A | 休 校 日(みどりの日) | | | | | | | | | |
| | | | | | B | | | | | | | | | | |
| | | | | | C | | | | | | | | | | |
| | 8日 | 月 | AM | 原 | A | 泳法養成 | CHO | SWIM—CHO | 50 | 8 | 6 | on0' 50 | | 3000m | |
| | | | | | B | | | | | | | on1'00 | | 2800m | |
| | | | | | C | | | | | | | on1'10 | | 2600m | |
| | | | PM | 早川 | A | ドリル | CHO | SWIM—CHO | 25 | 8 | 4 | on0' 45 | | 2900m | |
| | | | | | B | | | | | | | | | 2600m | |
| | | | | | C | | | | | | | | | 2300m | |
| | 10日 | 水 | AM | 熊谷 | A | 泳法養成 | CHO | SWIM—CHO | 50 | 8 | 6 | on0' 50 | | 3000m | |
| | | | | | B | | | | | | | on1'00 | | 2800m | |
| | | | | | C | | | | | | | on1'10 | | 2600m | |
| | 11日 | 木 | PM | 原 | A | ドリル | CHO | SWIM—CHO | 25 | 8 | 4 | on0' 45 | | 2900m | |
| | | | | | B | | | | | | | | | 2600m | |
| | | | | | C | | | | | | | | | 2300m | |
| | 15日 | 月 | AM | 原 | A | 泳法養成 | CHO | SWIM—CHO | 50 | 8 | 6 | on0' 50 | | 3000m | |
| | | | | | B | | | | | | | on1'00 | | 2800m | |
| | | | | | C | | | | | | | on1'10 | | 2600m | |
| | | | PM | 早川 | A | ドリル | CHO | SWIM—CHO | 25 | 8 | 4 | on0' 45 | | 2900m | |
| | | | | | B | | | | | | | | | 2600m | |
| | | | | | C | | | | | | | | | 2300m | |
| | 17日 | 水 | AM | 熊谷 | A | 泳法養成 | CHO | SWIM—CHO | 50 | 8 | 6 | on0' 50 | | 3000m | |
| | | | | | B | | | | | | | on1'00 | | 2800m | |
| | | | | | C | | | | | | | on1'10 | | 2600m | |
| | 18日 | 木 | PM | 原 | A | ドリル | CHO | SWIM—CHO | 25 | 8 | 4 | on0' 45 | | 2900m | |
| | | | | | B | | | | | | | | | 2600m | |
| | | | | | C | | | | | | | | | 2300m | |
| | 22日 | 月 | AM | 原 | A | 泳法養成 | CHO | SWIM—CHO | 50 | 8 | 6 | on0' 50 | | 3000m | |
| | | | | | B | | | | | | | on1'00 | | 2800m | |
| | | | | | C | | | | | | | on1'10 | | 2600m | |
| | | | PM | 早川 | A | ドリル | CHO | SWIM—CHO | 25 | 8 | 4 | on0' 45 | | 2900m | |
| | | | | | B | | | | | | | | | 2600m | |
| | | | | | C | | | | | | | | | 2300m | |
| | 24日 | 水 | AM | 熊谷 | A | 泳法養成 | CHO | SWIM—CHO | 50 | 8 | 6 | on0' 50 | | 3000m | |
| | | | | | B | | | | | | | on1'00 | | 2800m | |
| | | | | | C | | | | | | | on1'10 | | 2600m | |
| | 25日 | 木 | PM | 原 | A | ドリル | CHO | SWIM—CHO | 25 | 8 | 4 | on0' 45 | | 2900m | |
| | | | | | B | | | | | | | | | 2600m | |
| | | | | | C | | | | | | | | | 2300m | |

※ 距離・本数・サイクルに変化がありますので、当日のメニューをご覧ください。

(注) 競技会及び研修会等で、担当コーチが変更になる場合がございます。その場合は事前にご連絡いたします。