

GOLDクラス練習スケジュール

2024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 |
|-----|-----|----|----|-----|------|-------|----------|----------|----|-----|---------|---------|-------|----|
| 12月 | 2日 | 月 | AM | 伊藤 | 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 | | |
| | 4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 | |
| | 5日 | 木 | PM | 福田 | A | ドリル | CHO | SWIM—CHO | 25 | 8 | 4 | on0' 45 | 2900m | |
| | | | | | B | | | | | | | | 2600m | |
| | | | | | C | | | | | | | | 2300m | |
| | 9日 | 月 | AM | 伊藤 | 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 | |
| | 11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 | |
| | 12日 | 木 | PM | 福田 | A | ドリル | CHO | SWIM—CHO | 25 | 8 | 4 | on0' 45 | 2900m | |
| | | | | | B | | | | | | | | 2600m | |
| | | | | | C | | | | | | | | 2300m | |
| 16日 | 月 | AM | 伊藤 | 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 | | |
| 18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 | | |
| 19日 | 木 | PM | 福田 | A | ドリル | CHO | SWIM—CHO | 25 | 8 | 4 | on0' 45 | 2900m | | |
| | | | | B | | | | | | | | 2600m | | |
| | | | | C | | | | | | | | 2300m | | |
| 23日 | 月 | AM | 伊藤 | 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 | | |
| 25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 | | |
| 26日 | 木 | PM | 福田 | 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。