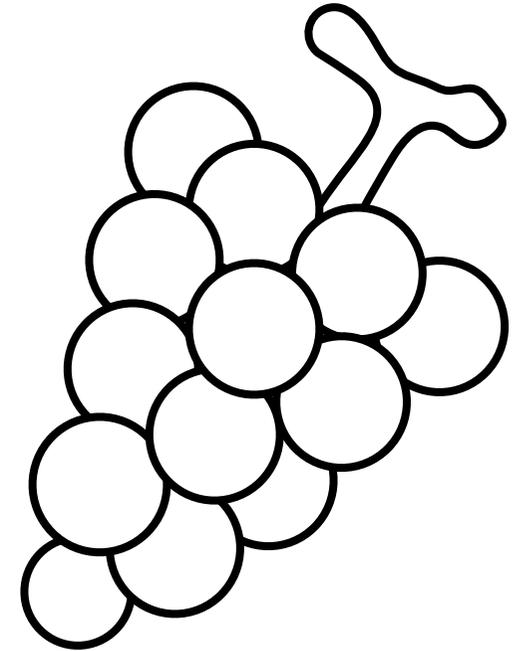


直前期こそ、休憩や息抜きのタイミングを、意図的に作ることも大切です。パフォーマンスを高めるための「積極的休養」です。

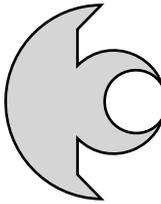
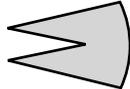
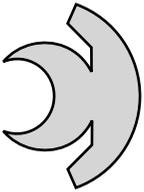
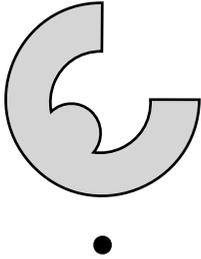
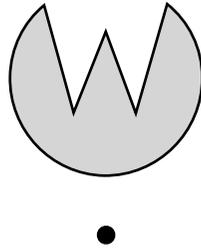
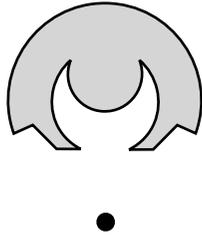
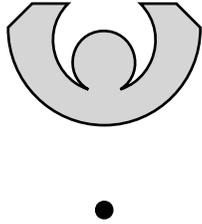
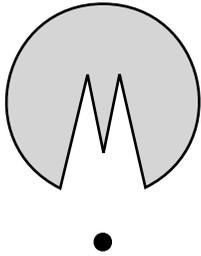
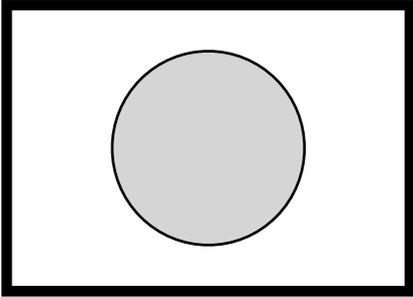
きせつの くだもの  
ぶどう (あき)

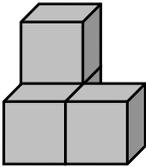
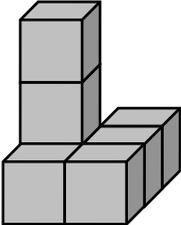
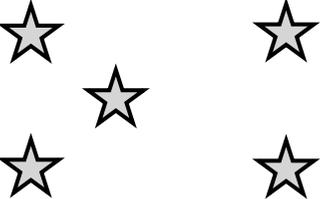
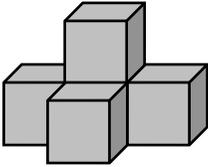
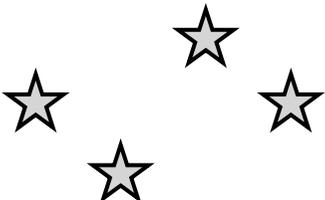
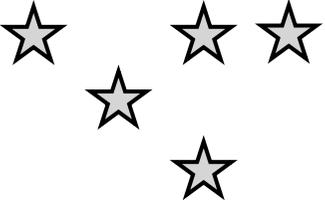
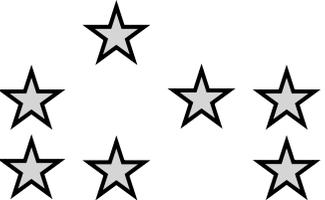
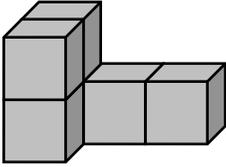
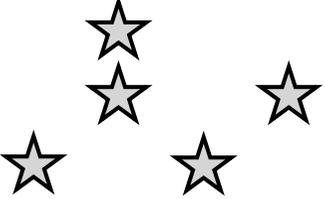
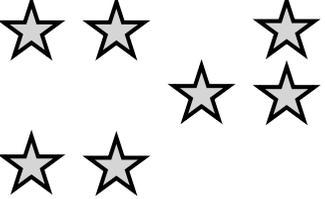
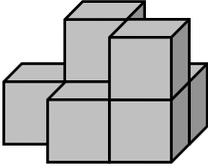
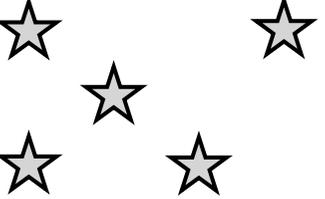
ぶどうは あきにおいしく 食べられる くだものです。  
けんこうにも よい といわれています。  
おべんきょうにつかれたときには、おやつにひとふさいかがですか。

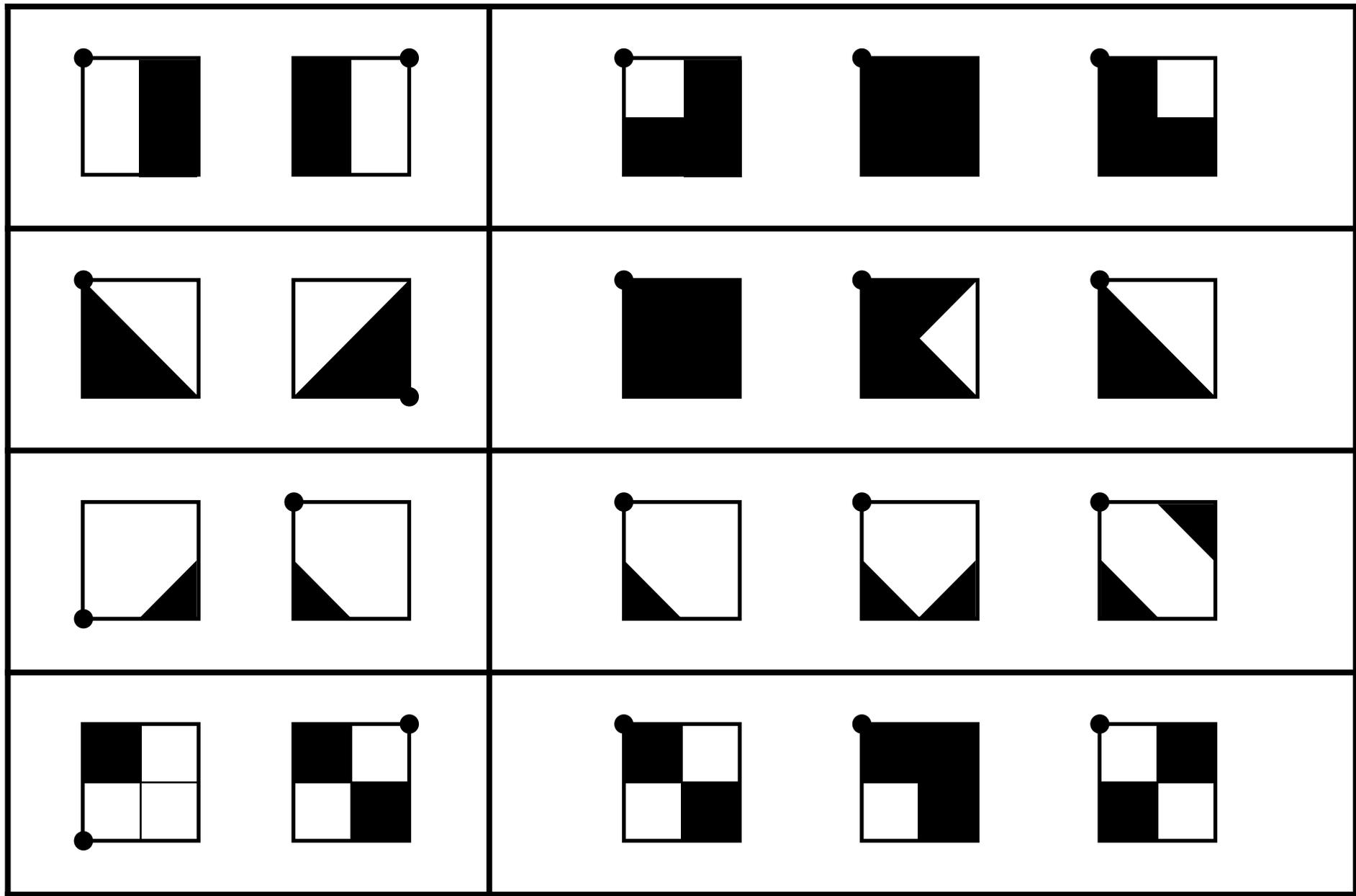


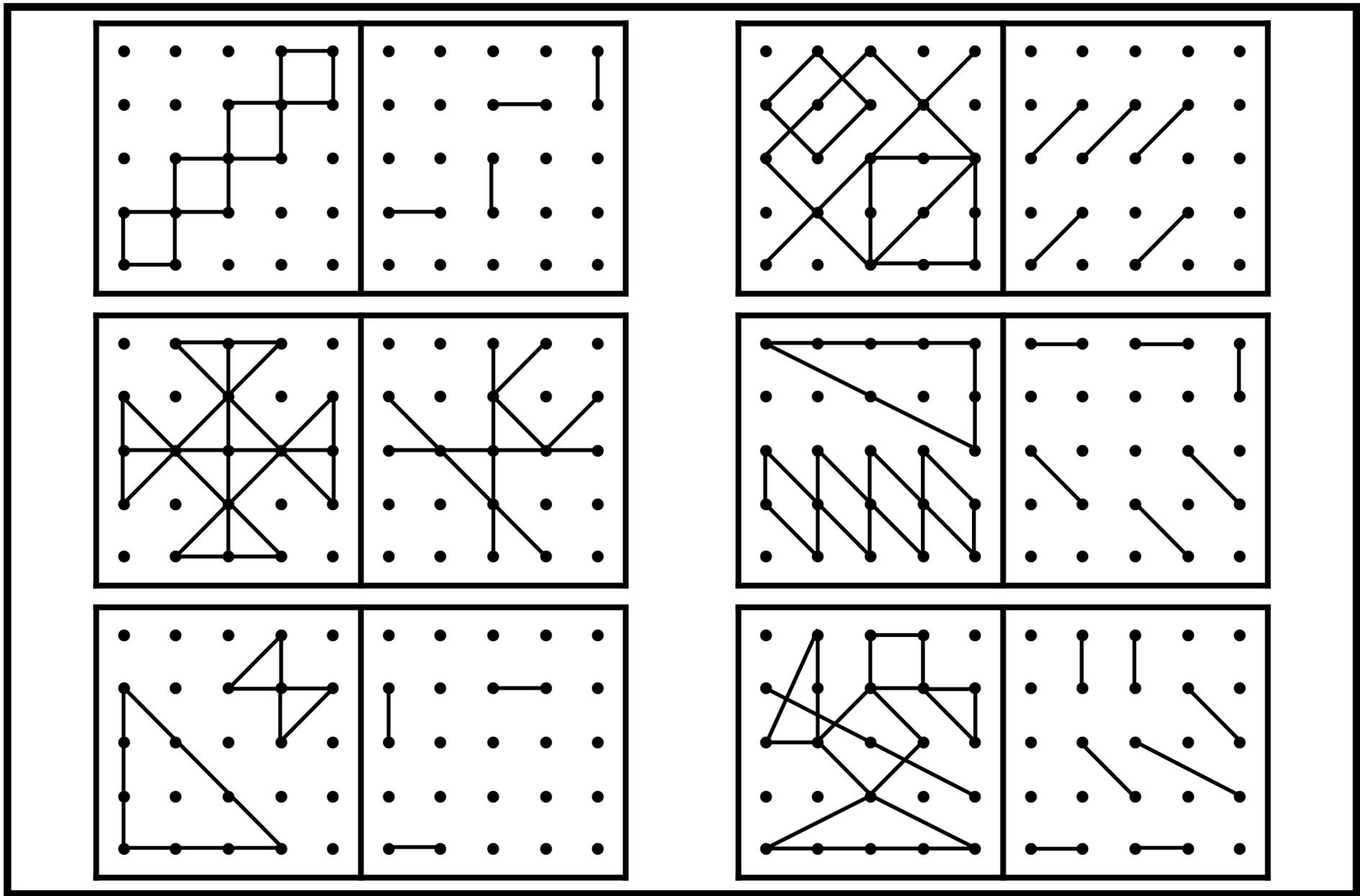
おなまえ

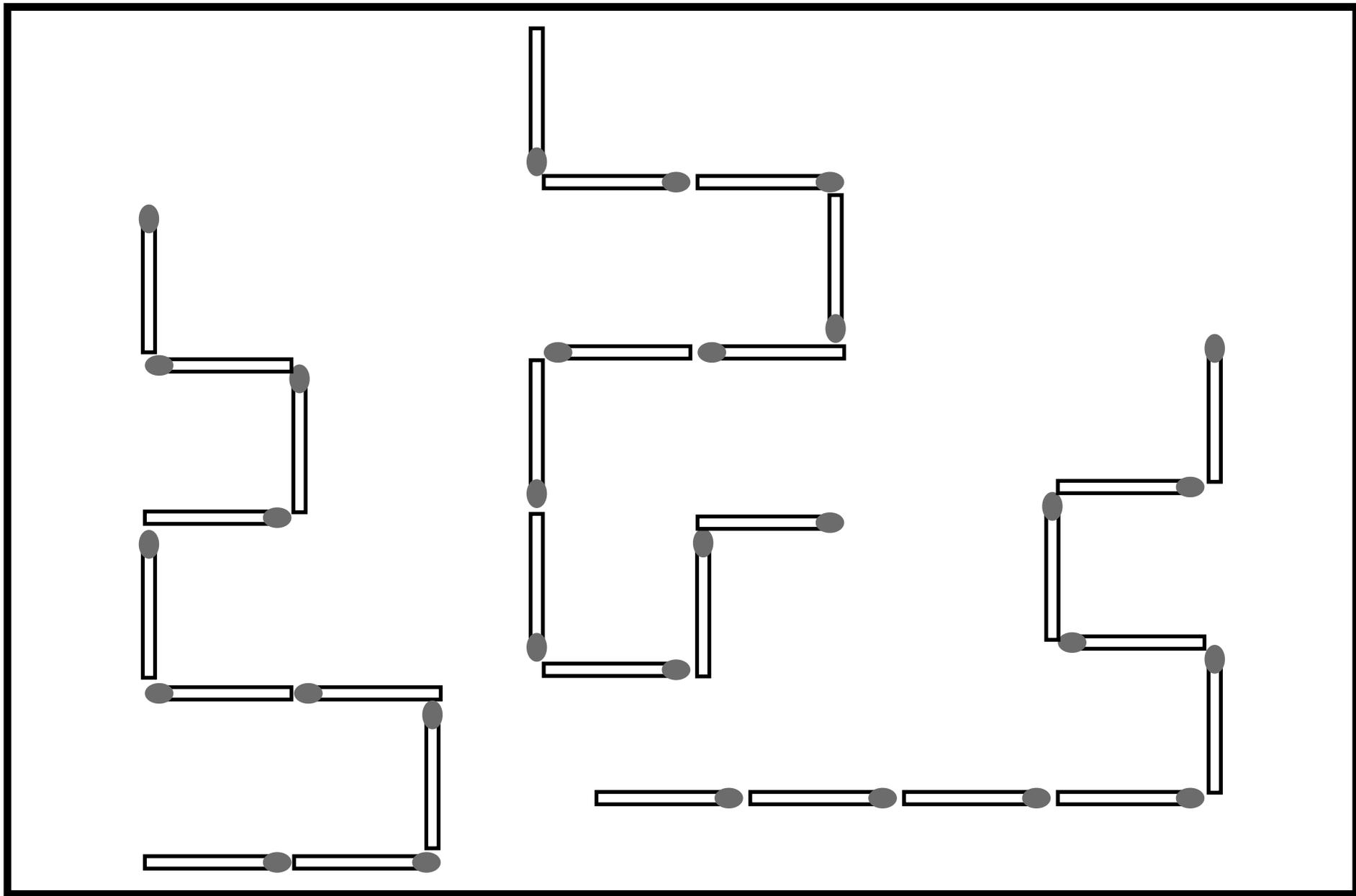
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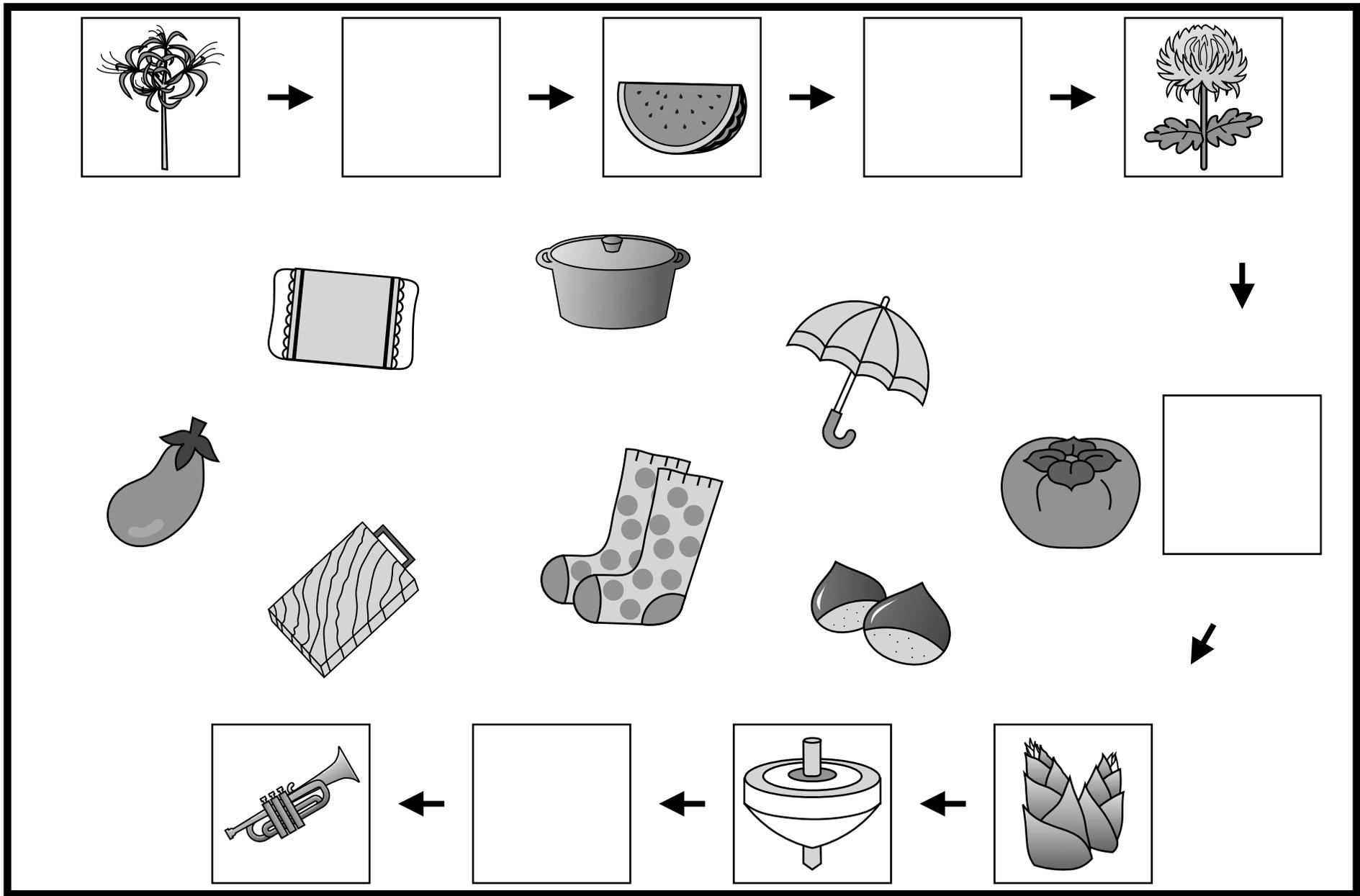


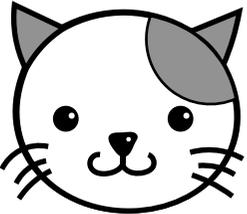
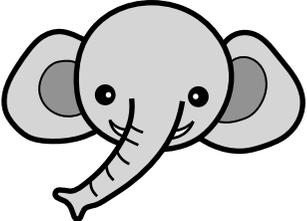
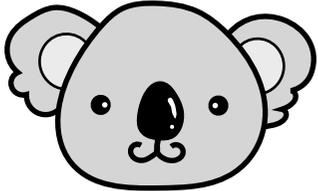
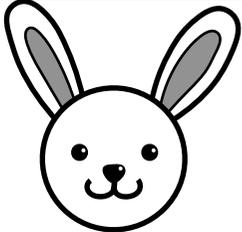
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