



陸上部の

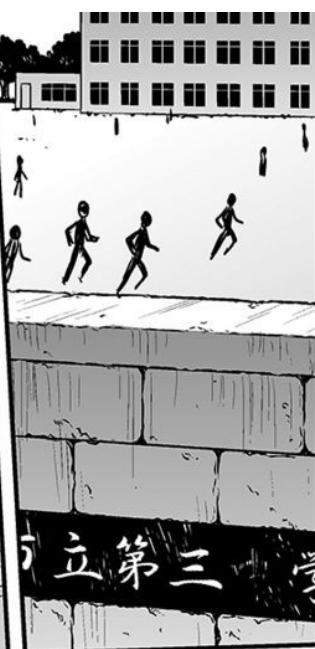
みずほちゃん

暗中模索

Adult Only

R-18

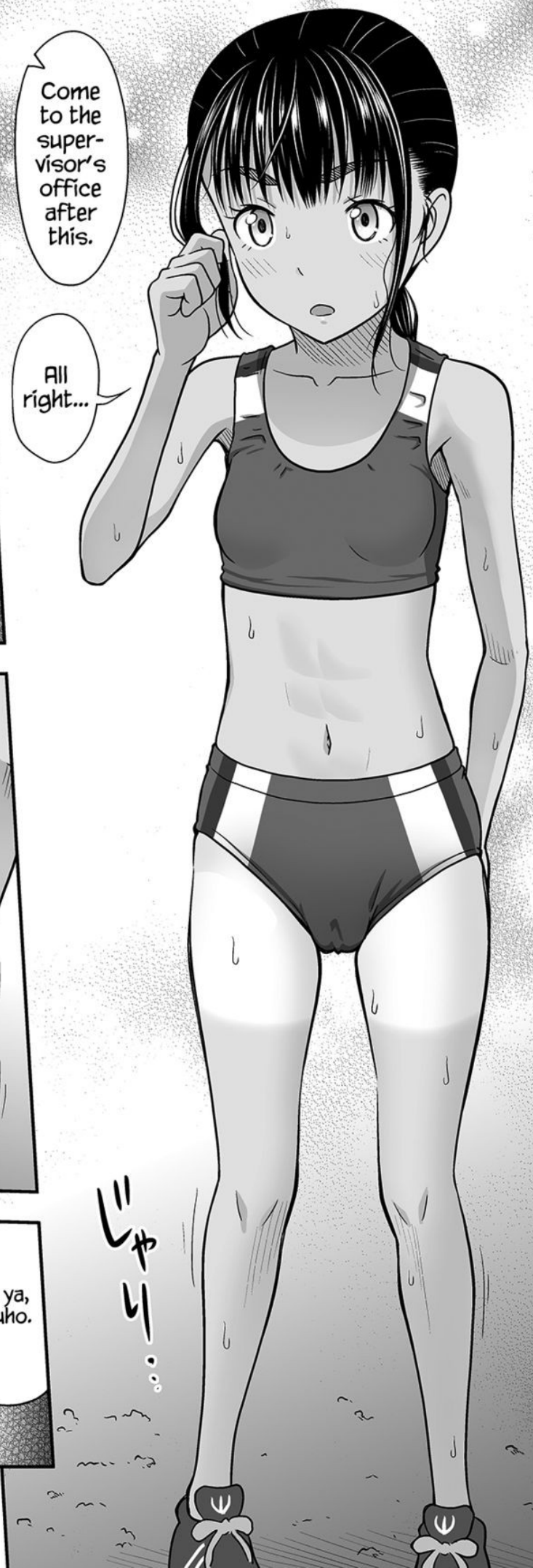
成人向





Come to the supervisor's office after this.

All right...





Supervisor's Office

Yes.

Did you
do your
stretches?

Since it's
been getting
cold, I'll have
to put extra
special care
into taking
care of your
body.

We'll
start the
special
training after-
wards.

All right,
then I'll
start
massaging
you. Go
ahead and
lie down.

Okay...

It's
because
you work
twice as
hard as
everyone
else.

Um, why
is it that
I'm the
only one
who does
this
every-
day...?

I'll start
with your
thighs.

Okay...

Does that
make
sense?

Everyone can
see that you
work harder
than anyone
else on the
team.

Y-
Yes!

It's my job
as a teacher
to support any
students I see
doing their
best.



This is it

Fufu...

All right.

Your body will get more nimble the hotter it gets.

We better get these loosened up to help you recover from all that exhaustion.



but I won't ever quit being an advisor!

All right, lay on your back now.

There's been talk about how some teachers aren't being advisors anymore because of the whole "black club activities" fiasco,

This is why I've stayed a teacher all this time

Oh, okay...

I-I think.

How does it feel? Do you feel the waste products getting washed away?



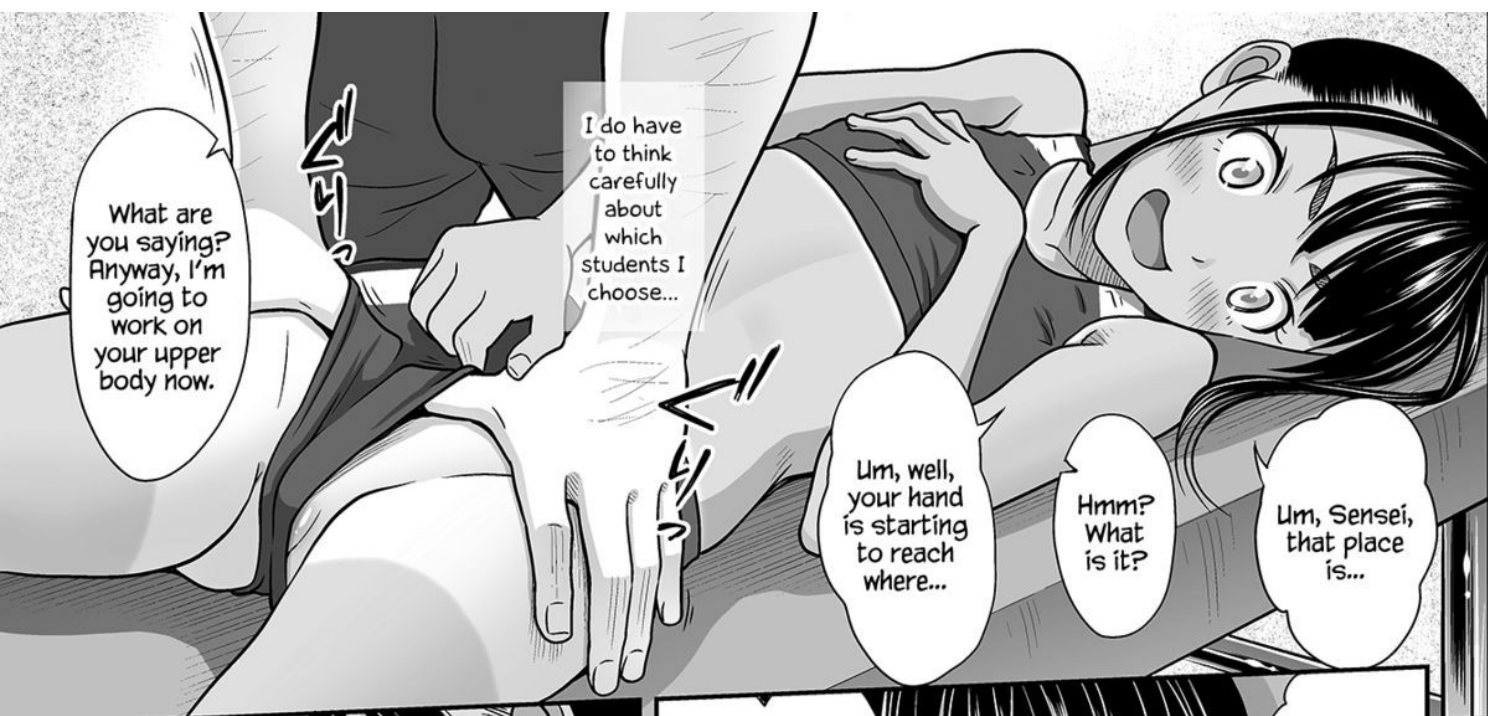
Hyah!

well...

I'd never quit such a wonderful job!

What other job would let me legally straight-up grope these X-graders?!

Stimulating the lymph node is said to bring out good results.



What are you saying? Anyway, I'm going to work on your upper body now.

I do have to think carefully about which students I choose...

Um, well, your hand is starting to reach where...

Hmm? What is it?

Um, Sensei, that place is...



.....



Okay...

There we go...

And they also need to have an honest and obedient personality.



It's hard to do anything to the skeptical ones.

It's important to massage the areas far from the heart.



What are you saying, Yama-kawa? Don't you want to improve your time?

Huh? Wait, um, you don't have to do the upper body today.

Well... of course I do... but...

Then leave this to me.

Those without aspiration won't ever listen to their teacher.

First of all, the student needs to have aspiration.

In that regard, Yamakawa is perfect for this.

Wait, um, you're touching my...

Don't worry about the little things.

And the most important thing of all is that they don't have too much talent.

And on the other hand, saving the heart for last is the best way to do it.

I'm sure you know by now, since I'm always telling you this.

Hah...! Yes...! Mm...

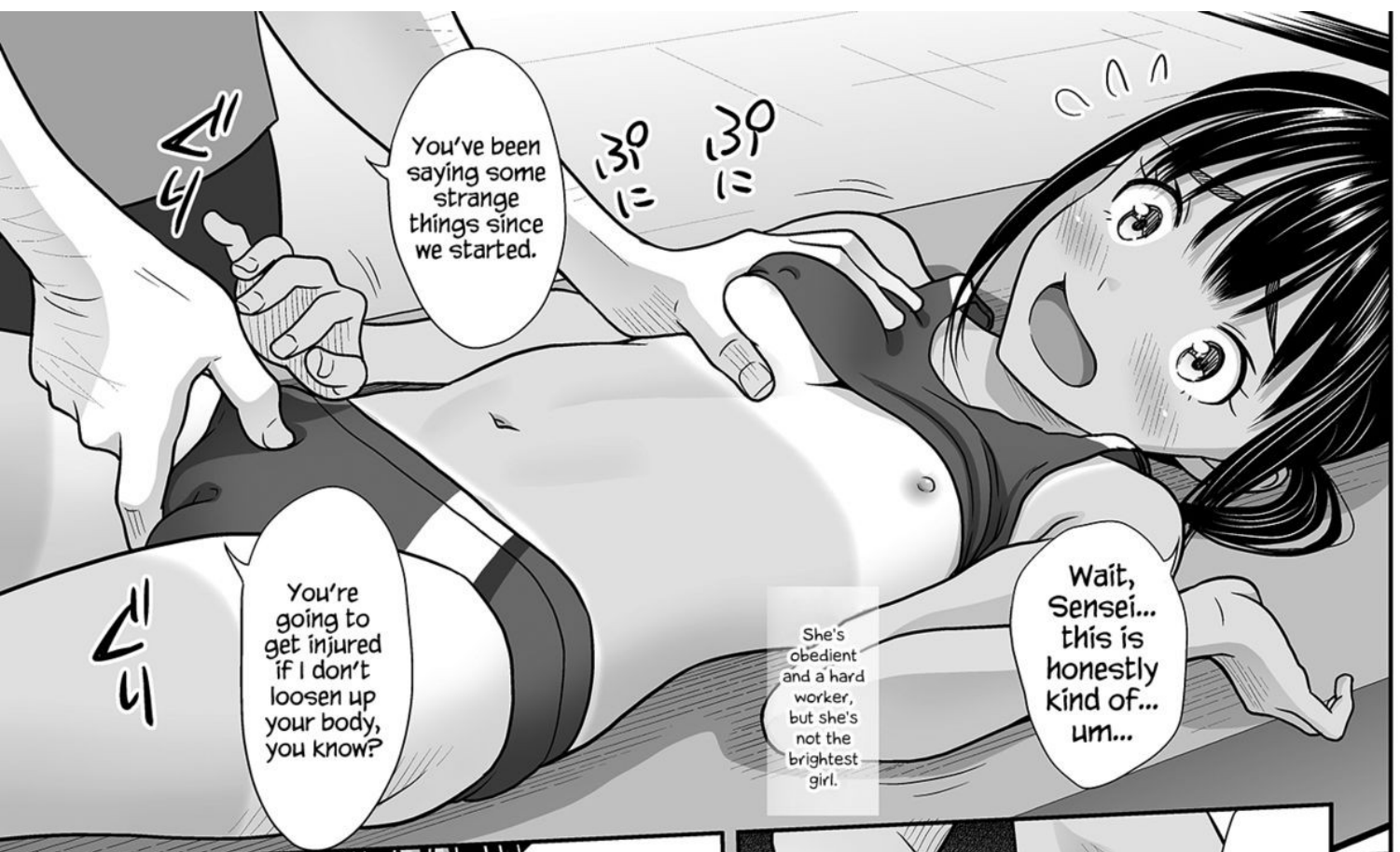
The students that become successful too easily will end up not listening to their teacher anymore.

Hyah!!

While she might be the ace of our team, she hasn't been able to get very good results in the tournaments she's attended.

It's easier when they're struggling a bit.

Ah!



You've been saying some strange things since we started.

You're going to get injured if I don't loosen up your body, you know?

She's obedient and a hard worker, but she's not the brightest girl.

Wait, Sensei... this is honestly kind of... um...



That's why you have to do everything you can to loosen the center of your body, which is right here!

That's right! The core! In order to maintain your core, the center of your body has to take on a lot of stress!

Mm!

Mm!



Yes...

Understand?!

She really is such an easy-to-handle student.



This type of student is the most ideal.

What are you saying? How many times do I have to tell you that this is the most important part?

B-But I feel like you're touching places that don't really have anything to do with that... Mm!

Mm!

Ah!



T-The core...

What's the most important thing when it comes to your form?

As long as I come up with some kind of excuse, I can do as much dirty stuff with her as I want!

Nbobok!

All right, then! Time for the usual energy resupply!

It'll be a battle with time, so make sure you do it quick!

Bubok!

If eggs are a superfood, then sperm is superenergy!

An athlete couldn't ask for any better when it comes to energy!

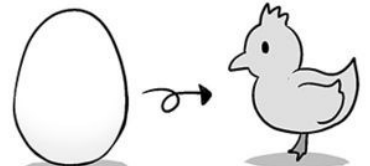
Basically, male sperm has so much energy in it that it even surpasses eggs as a source of life!

But when it comes to humans, male sperm is necessary to create life.

U-Um, are you sure this will have any effect?

It's because eggs are life itself. It's got all the necessary nutrients.

Of course. Have you ever heard people referring to eggs as a superfood?



A chick can pop out of it just by heating it up.







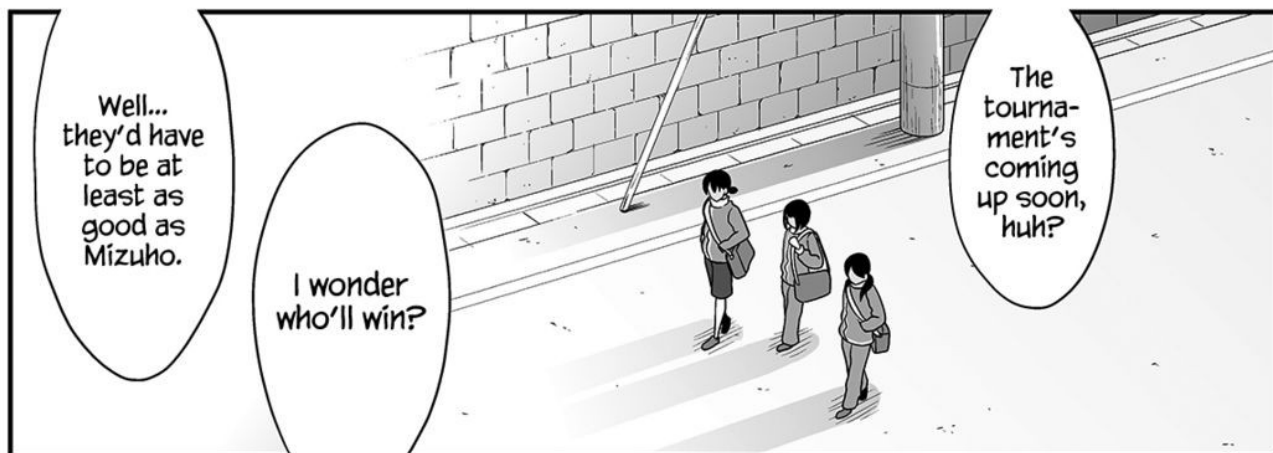
Huh...?



We'll be moving on to the next step of our training, now!

Well done!

This time you'll be focusing on being conscious of your core!



Well... they'd have to be at least as good as Mizuho.

I wonder who'll win?

The tournament's coming up soon, huh?



Kyahaha!

No way~

Maybe he's making her do dirty stuff to him.

The baldy's making her keep quiet about it or something.

Dunno. Mizuho won't tell me even when I ask her.

Oh yeah, what exactly does she do in those special training sessions?



This is the
body's axis!
By training
this line, your
core will get
stronger!
Don't forget
this feeling!

How is it?
It feels like
there's a rod
going straight
through the
center of your
body, right?!

A-All
right...

I can't get
enough
of this
under-
developed
body...

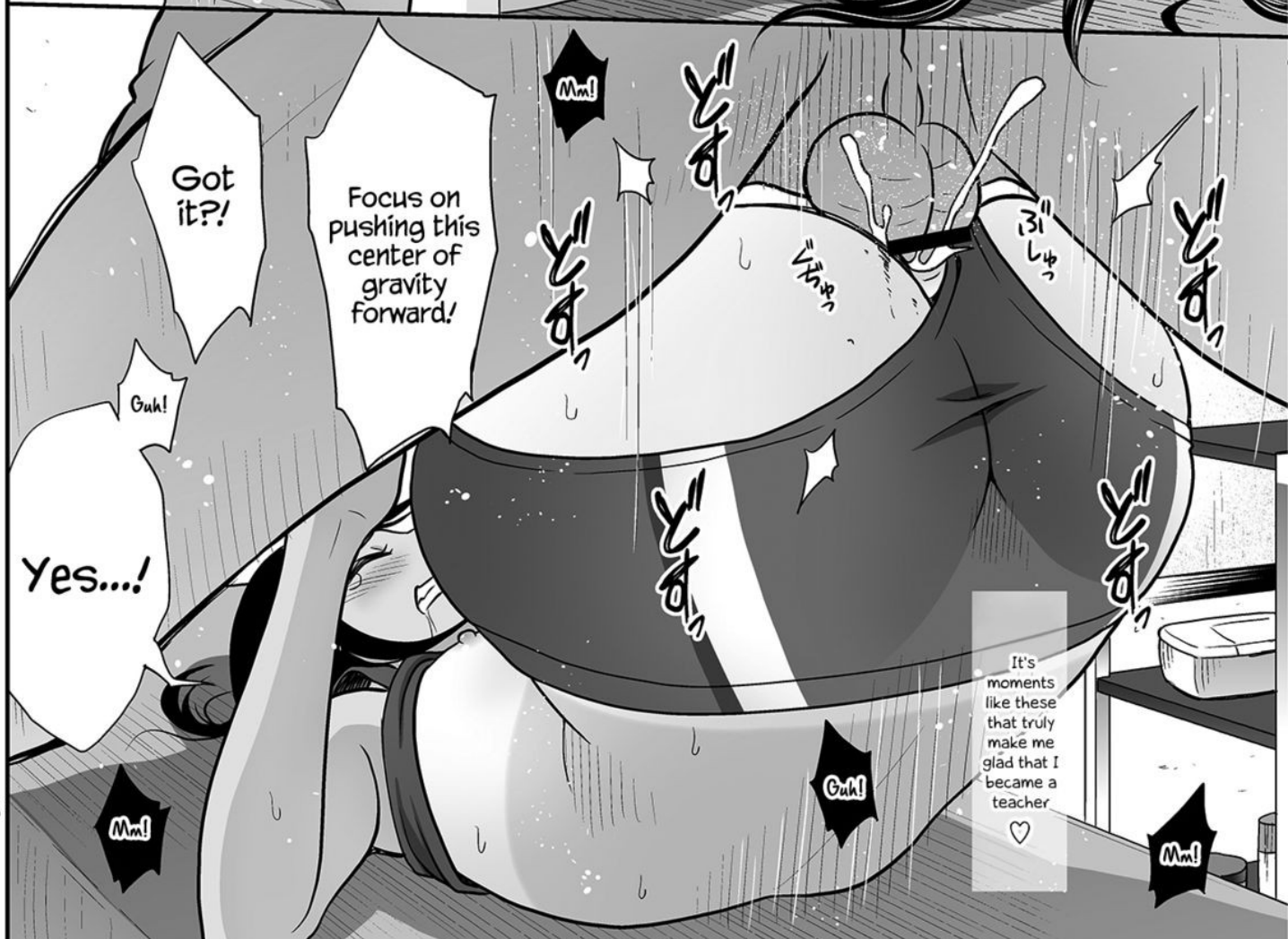
It's really
my dick
that's going
inside her,
though

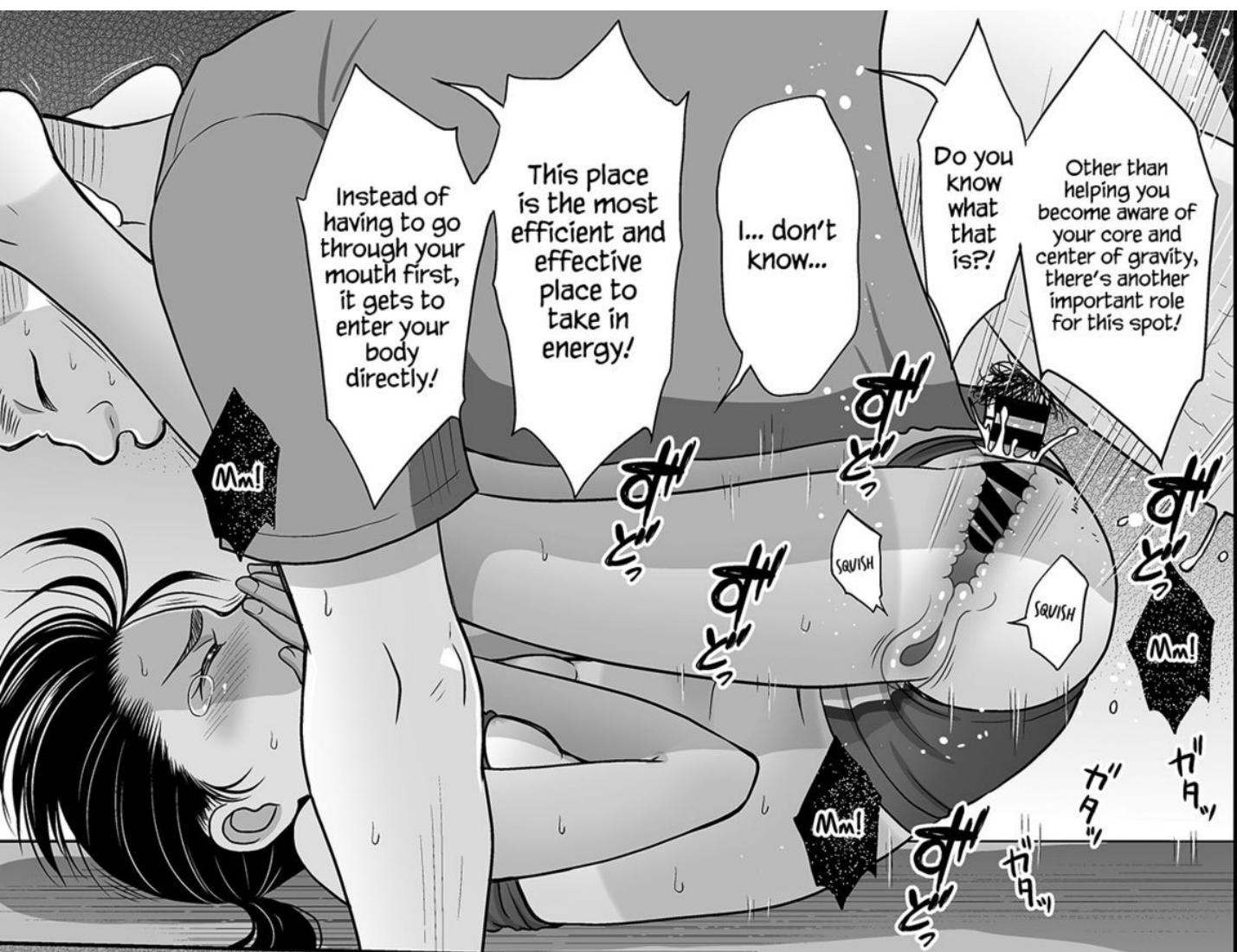
AN

AN

AN







Instead of having to go through your mouth first, it gets to enter your body directly!

This place is the most efficient and effective place to take in energy!

I... don't know...

Do you know what that is?!

Other than helping you become aware of your core and center of gravity, there's another important role for this spot!



Mm!

Yes....!

Are you ready?!

Here I go!
I'm cumming!!

I'm cumming!

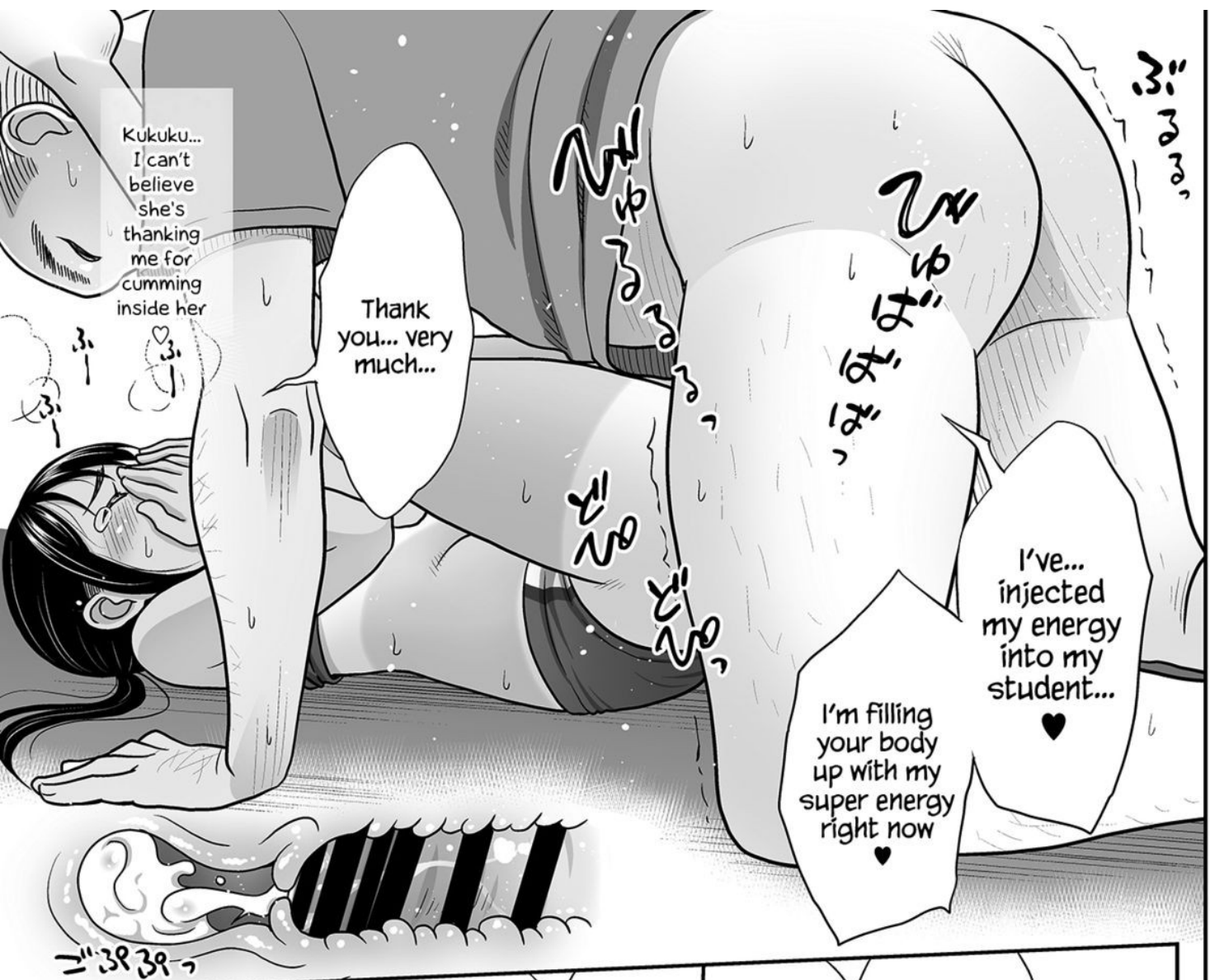
That's why I'll be injecting the energy directly into you now!

I'm breaking
through my
student's
hymen and
cumming
right inside
her pussyyy!

FNGH!

Ah...

Oufugh....
Fuoh...





Ah!

Ah!

Y-Yes...
Eek!

Ah!

Yes...!

My dick is
entering the line
that makes up
your body's axis
right now, can
you feel it?!

Your body is
constantly
bouncing up
and down
like this
while you're
running!

This
impact
hitting you
from below
is nothing
compared to that!

Focus on
your core
and center
of gravity to
make sure
you don't
let your
balance fall
apart!

Damn,
I could
never get
tired of this
X-grader
pussy no
matter how
many times
I fuck it
♡



Several weeks later

It's
finally the
tournament
tomorrow.

Let's
review
all the
training
we did!

Supervisor's
Office



Are you
ready?!

Uhihi...
Her
body
is as
sexy as
always
today
♡

Yes...



Always be aware of your adductor muscle! Talk with it and give it instructions!

And what's most important is your adductor muscle!

Okay!

Put your strength into your stomach and keep your chest out!

Tighten your shoulders!

Pull your chin in!

Always make sure you're keeping proper form!

Okay!









FNGH!!

HIGH!!

I'm
cumming
into my
student's
X-grader
pussy
today
again
♡

My dick
hasn't
gotten
a good
rest in
forever
♡

Zzz
Zzz
Zzz



Afterword

(´-`) (I ended up making another weird work again...)

Anyway, hello there everyone, and nice to meet you. I'm Malcorond.

I feel like making an adult manga based on track girls is kind of a cliché thing to do, but since I hadn't tried drawing anything like that before, I really wanted to try it out.

In either case, the uniform sure is hot.

It's even hotter than being naked, in a sense.

And track girls usually have these really slim and slender bodies, so it's right up my alley!

Plus they even get those tan lines...

There's no way I wouldn't draw this! That's basically how I felt.

After bumbling around a bit, the contents of the manga finally turned into something like "I'll make a manga about a girl getting tricked to do dirty things under the pretense of special practice!"

While I was thinking about it, I was all like "This idea is great!" and stuff, but as I was drawing it, it became more like "...What is this?"

I feel like something similar happened before...

and then I realized that that was pretty much always the case.

By the way, the male character is actually the same one from a manga I drew earlier.

That low-life feel he had about him was just perfect.

Anyway, after writing down so much, I realized I'm running out of space, so I'll wrap this up.

Thank-you so much to all of you who purchased this book.

I'd love it if you bought my next book, too.

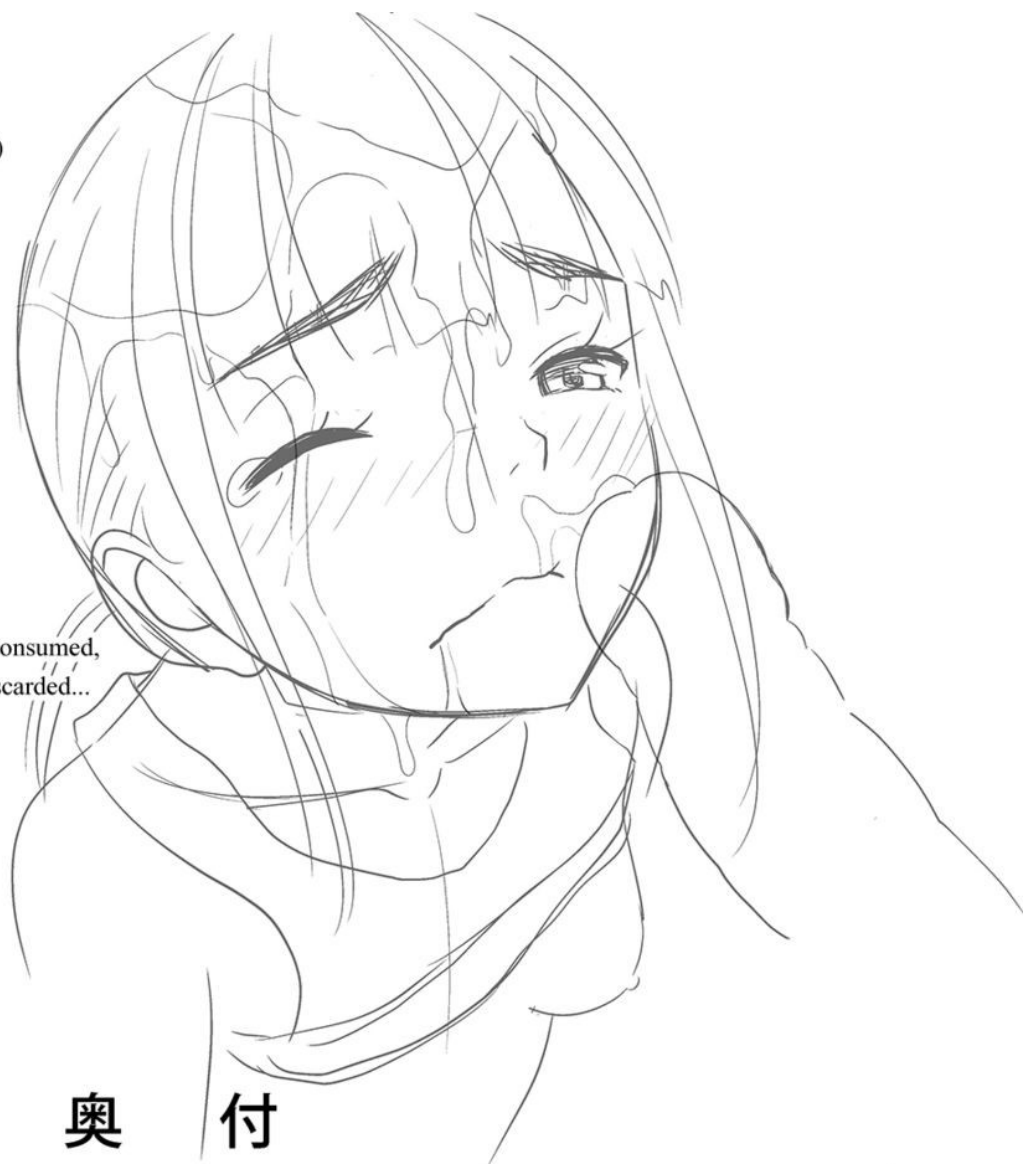
I hope to see you all again sometime. See ya.

It'll be within the last winter of Heisei.



(Bonus: Memorial for the rejected art)

The “energy” was meant to be consumed,
so stuff like facials had to be discarded...



奥 付

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are not allowed to read or
purchase it.**

C95 Bonus Book

● antyuumosaku
~



Adult only
R-18
成人向

※ This book is a bonus for the books “Rikujoubu no Mizuho-chan”
and “Meikko na Syoujo no Ehon 7 -Kouhen-”.
It is recommended to read those books first.

The tournament's
coming up soon,
so we'll be having
special practice
during summer
vacation, too!

A-All
right...

Uhihi...
I was feeling
really horny so
I ended up
calling her out
during summer
vacation, too...
I'm going to
have lots of
fun with you
♡



That's
right!
Don't
forget
that!

Agah!

M-My
center of
gravity...

Ah!

What is
my cock
touching
right now?

Agah!

I'm refresh-
ing myself by
poking into
my student's
cervix during
my breaks
at work
♡

Today's
another
great day
♡

I'll be
giving you
my energy
today, as
well!!

Mm!

All right...
Please
do so...

Guh!

Mm!

Nuuoooh!
It feels so
good~
I can't help but
cum right away
from this!



Fuu

Fuu

You understand,
Yamakawa?
I'm injecting
my energy
into you
right now.

Y-
Yes...

Thank
you...
very
much...

Okay...

I'll inject
some more
into you
after club
activities,
too
♡

Kukuku...
This is exactly
why I'd never
quit being a
teacher
♡

Of course,
I'm cumming
inside
♡



We're
going to go
swim now,
Oji-san!

Have
fun,
girls
♥

Yuka and
the rest
are going
to find
out!

Wait...
Oji-
san...!



Higik!

Igik!

Hah~
Getting to
fuck your
tight little
pussy first
thing in the
morning is
the best~
♥

Haah

Haah

Noo...

Haah

Fuu~ It felt
so good
that I ended
up letting out
this much
inside you.
♥



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