



陸上部の

みずほちゃん

暗中模索

Adult Only

R-18

成人向



All right, last lap!



Okay!

HAAH

Make sure you stretch before you head back.

HAAH

HAAH

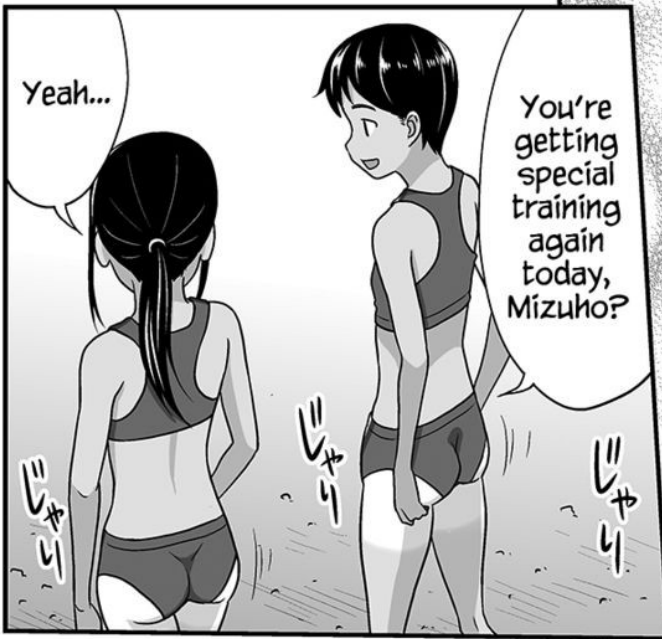


It's finally over!

Good work.



Yama-kawa!



Yeah...

You're getting special training again today, Mizuho?

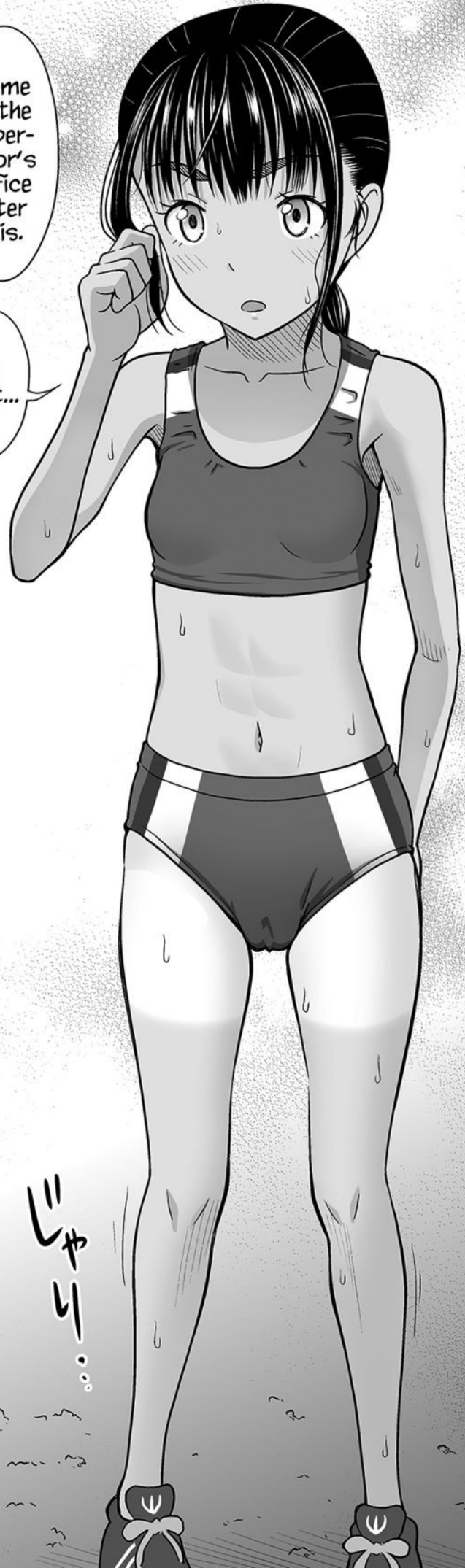
シヤッ

シヤッ

シヤッ

Come to the supervisor's office after this.

All right...



S-Stop that.

I guess you're not the ace for nothing~

Ahaha!

シヤッ

シヤッ



Yeah, see you tomorrow.

See ya, Mizuho.

シヤッ

シヤッ



Supervisor's Office

Yes.

Did you do your stretches?

We'll start the special training afterwards.

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

Okay...

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

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

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

I'll start with your thighs.

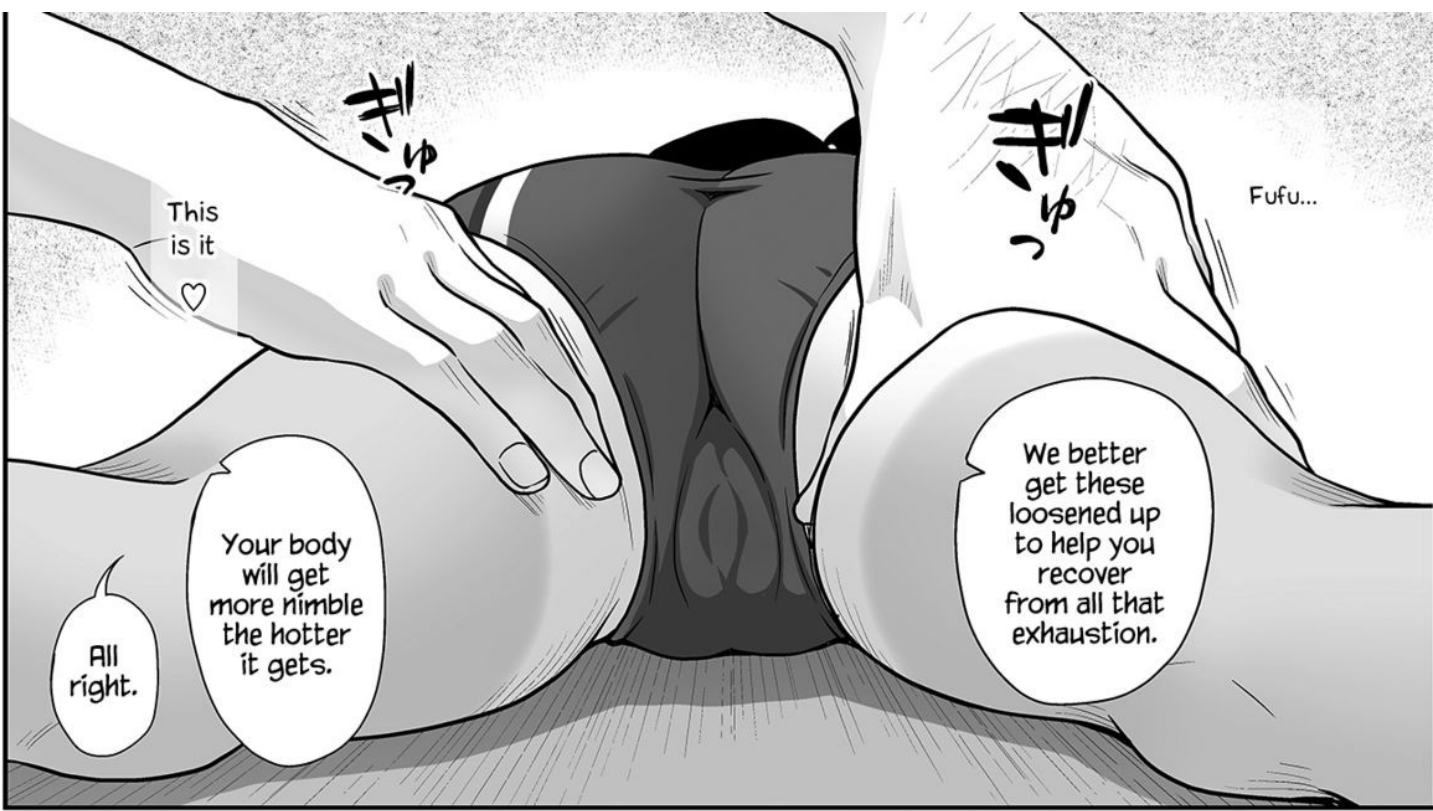
Okay...

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...

Your body will get more nimble the hotter it gets.

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

All right.



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

but I won't ever quit being an advisor!

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

I-I think.

Oh, okay...



Hyah!

Well...

I'd never quit such a wonderful job!

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

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



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...



.....



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

Okay...

There we go...



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

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



Don't you want to improve your time?

What are you saying, Yama-kawa?

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...

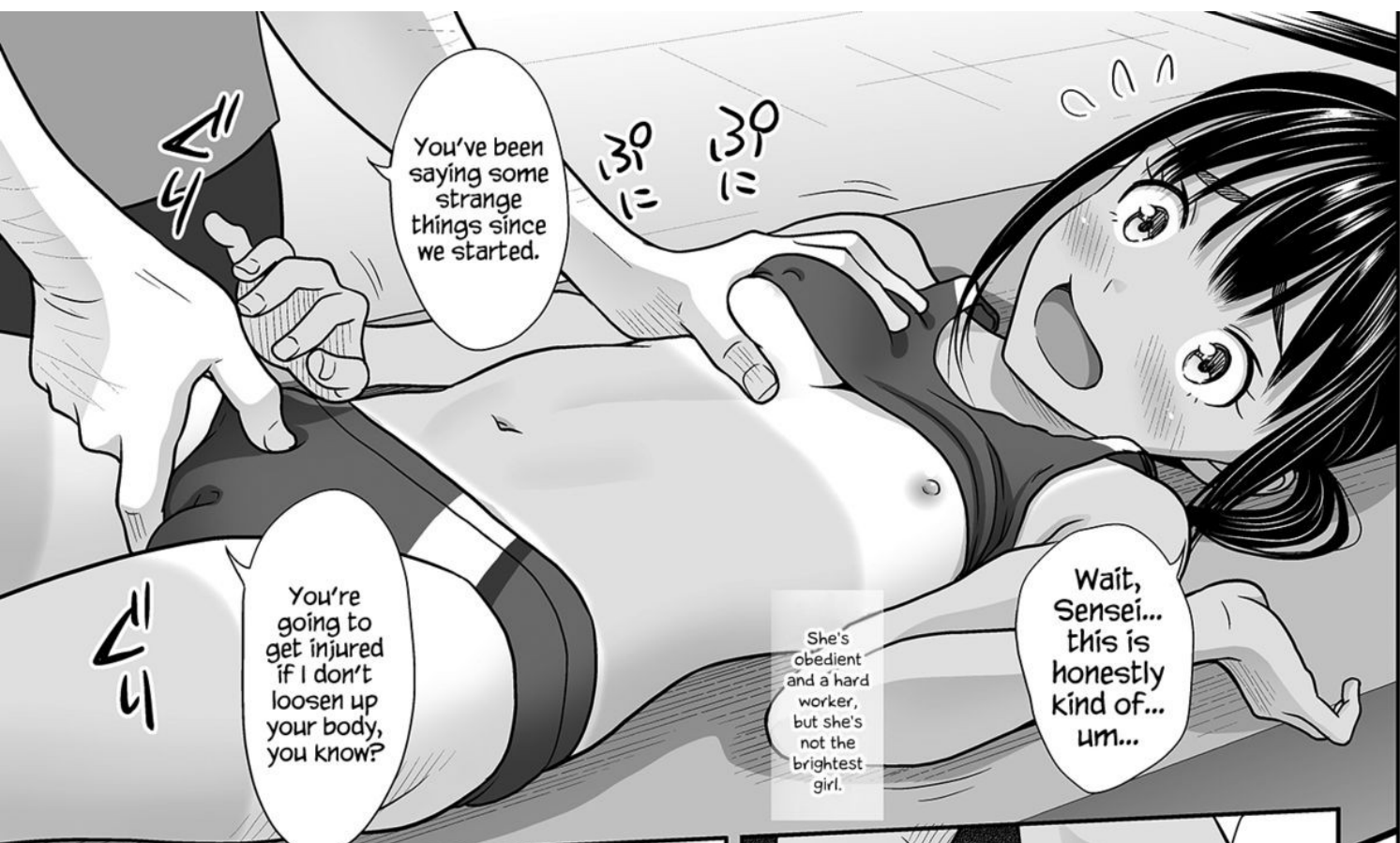
The students that become successful too easily will end up not listening to their teacher anymore.

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?

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

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



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!



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!



Yes...

Understand?!

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



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!

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

If eggs are a superfood, then sperm is superenergy!

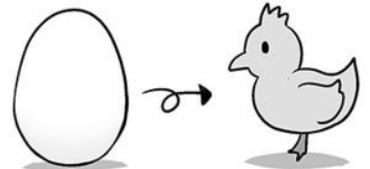
An athlete couldn't ask for any better when it comes to energy!

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.

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.



But sperm can only come out a limited amount of times per day, and producing it can be very exhausting as well.

The reason why I'm going out of my way to give it to you is because you're always working so hard, Yamakawa!

If you understand, then open your mouth!

Nbobok!



All right! I'm cumming!

All right...

And taking this in right after practice is perfect timing!

It's a lot more effective than just eating protein!

Sperm is also packed with loads of protein!

I'm cumming!





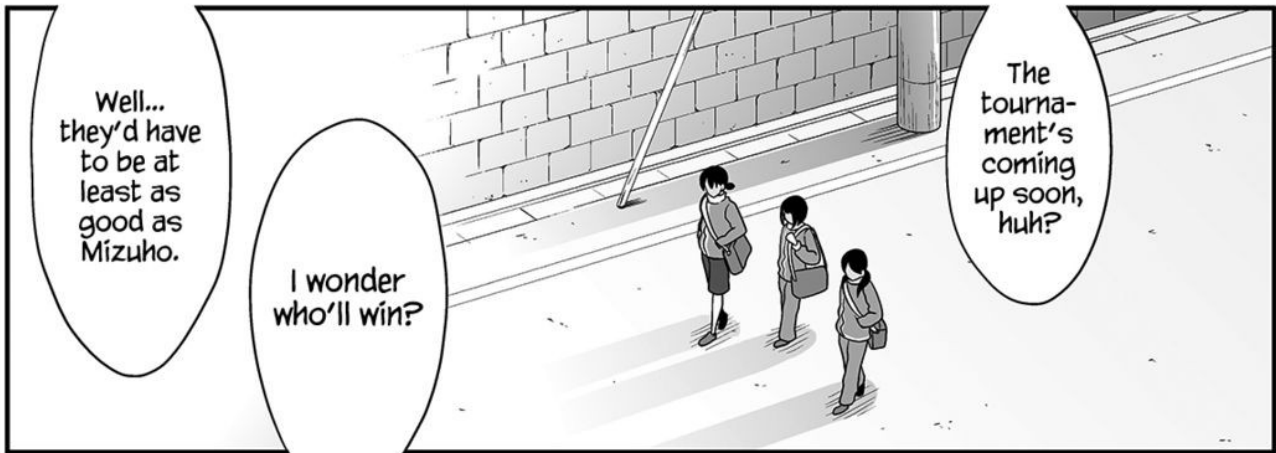
Huh...?



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...

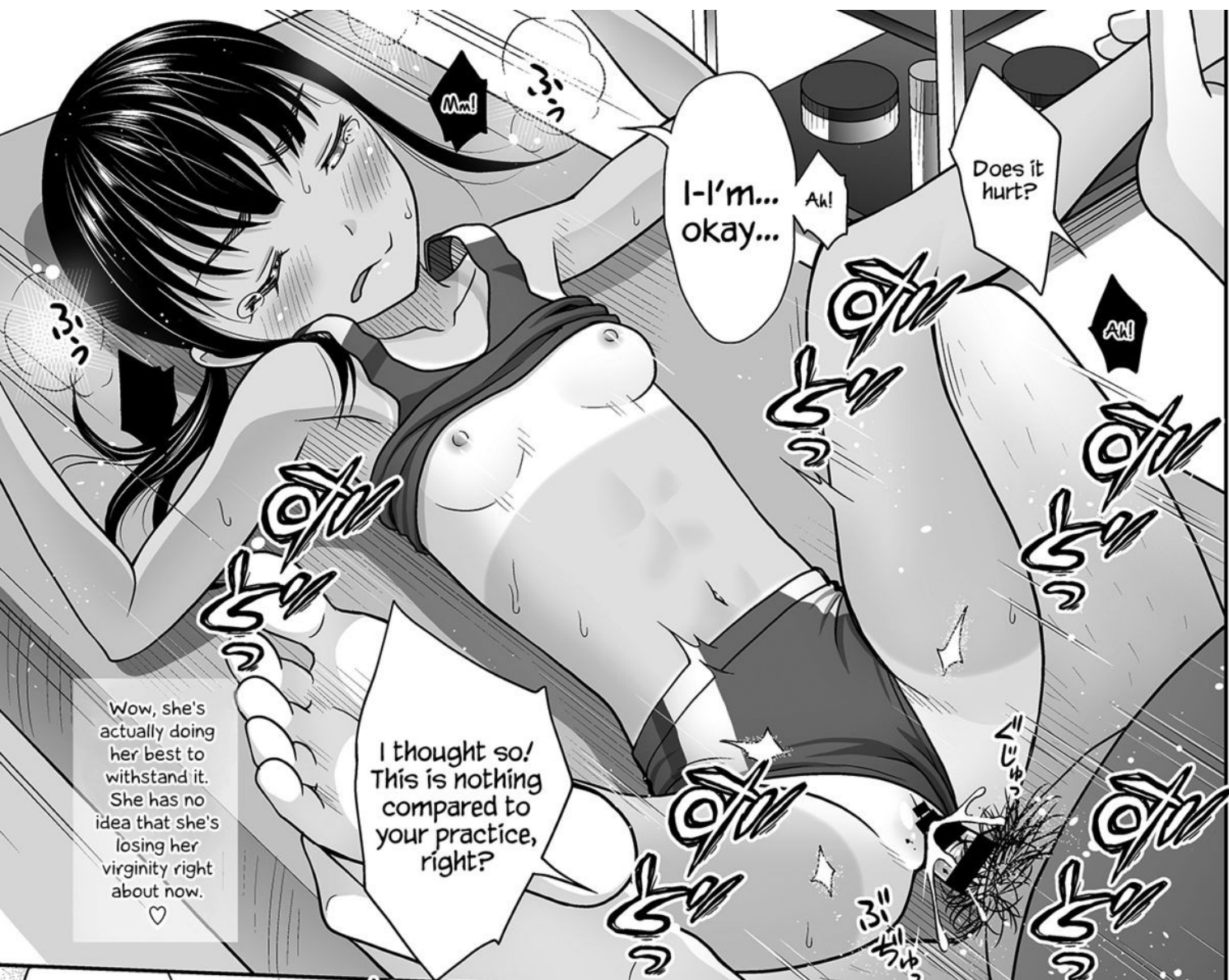
I can't get enough of this under-developed body...

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

AN

AN

AN

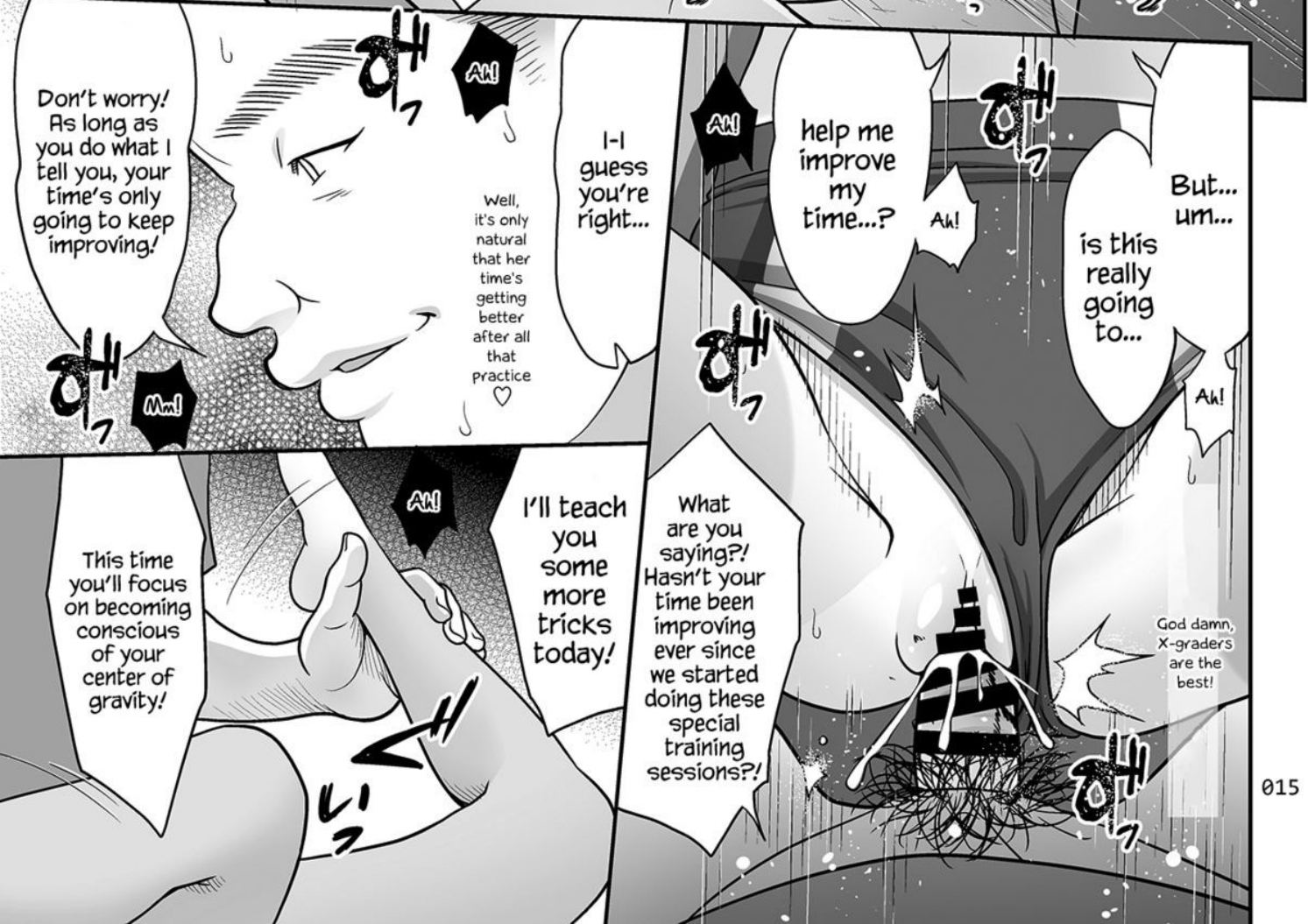


Wow, she's actually doing her best to withstand it. She has no idea that she's losing her virginity right about now.

I thought so! This is nothing compared to your practice, right?

I-I'm... okay...

Does it hurt?



Don't worry! As long as you do what I tell you, your time's only going to keep improving!

Well, it's only natural that her time's getting better after all that practice

I-I guess you're right...

help me improve my time...?

is this really going to...

But... um...

This time you'll focus on becoming conscious of your center of gravity!

I'll teach you some more tricks today!

What are you saying?! Hasn't your time been improving ever since we started doing these special training sessions?!

God damn, X-graders are the best!



My raw dick is pounding her fresh pussy that just had its hymen smashed through

It's where the tip of my cock is hitting right now! Focus on that!

Your center of gravity! Focus on your center of gravity!

This part is where your center of gravity will be at while you're running!



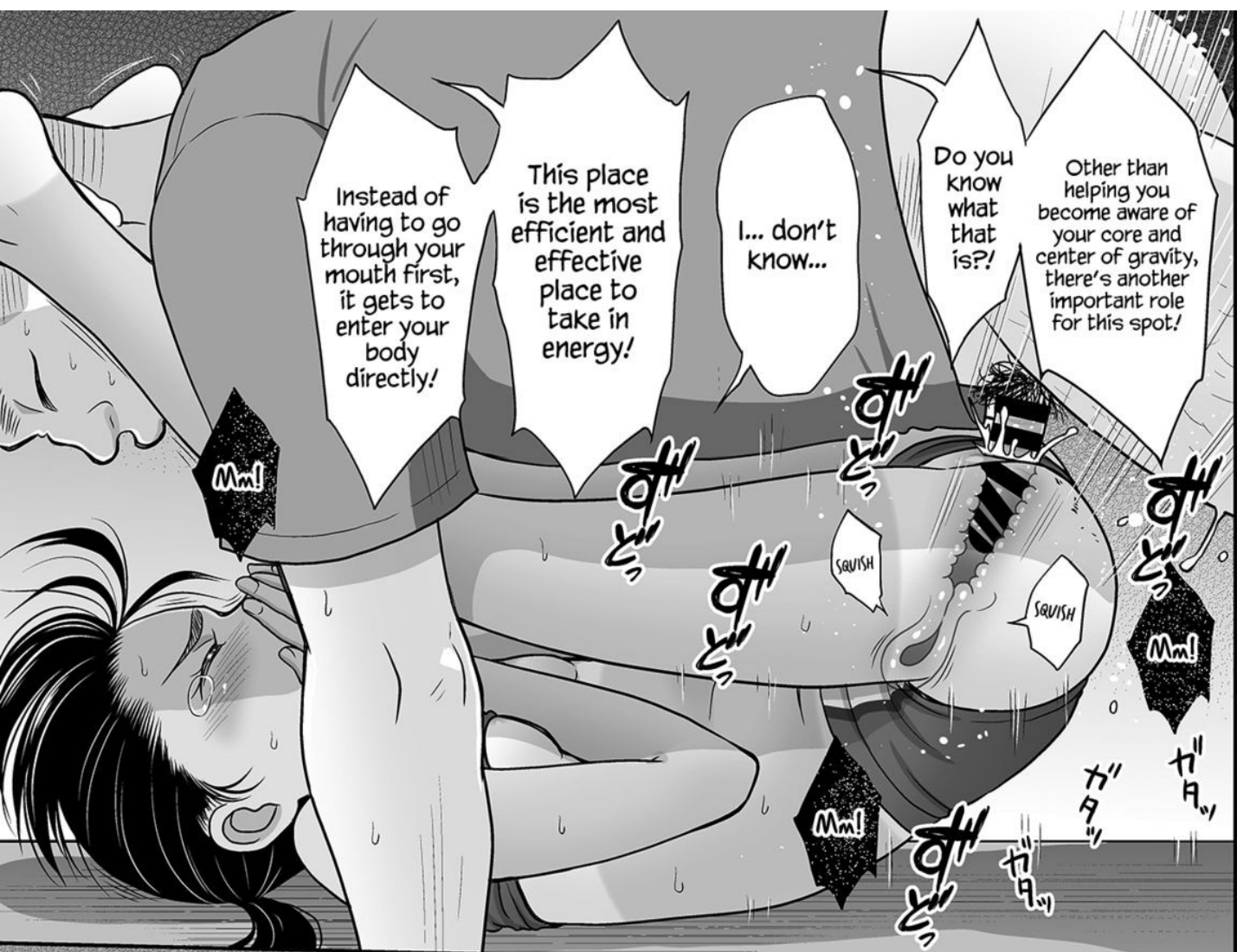
Got it?!

Focus on pushing this center of gravity forward!

Guh!

Yes...!

It's moments like these that truly make me glad that I became a teacher



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!

ガッ

ガッ

ガッ

SQUISH

SQUISH

ガッ

Mm!

ガッ

ガッ

ガッ

Mm!



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!

Mm!

ガッ

ガッ

ガッ

ガッ

ガッ

SLAM

Mm!

SLAM

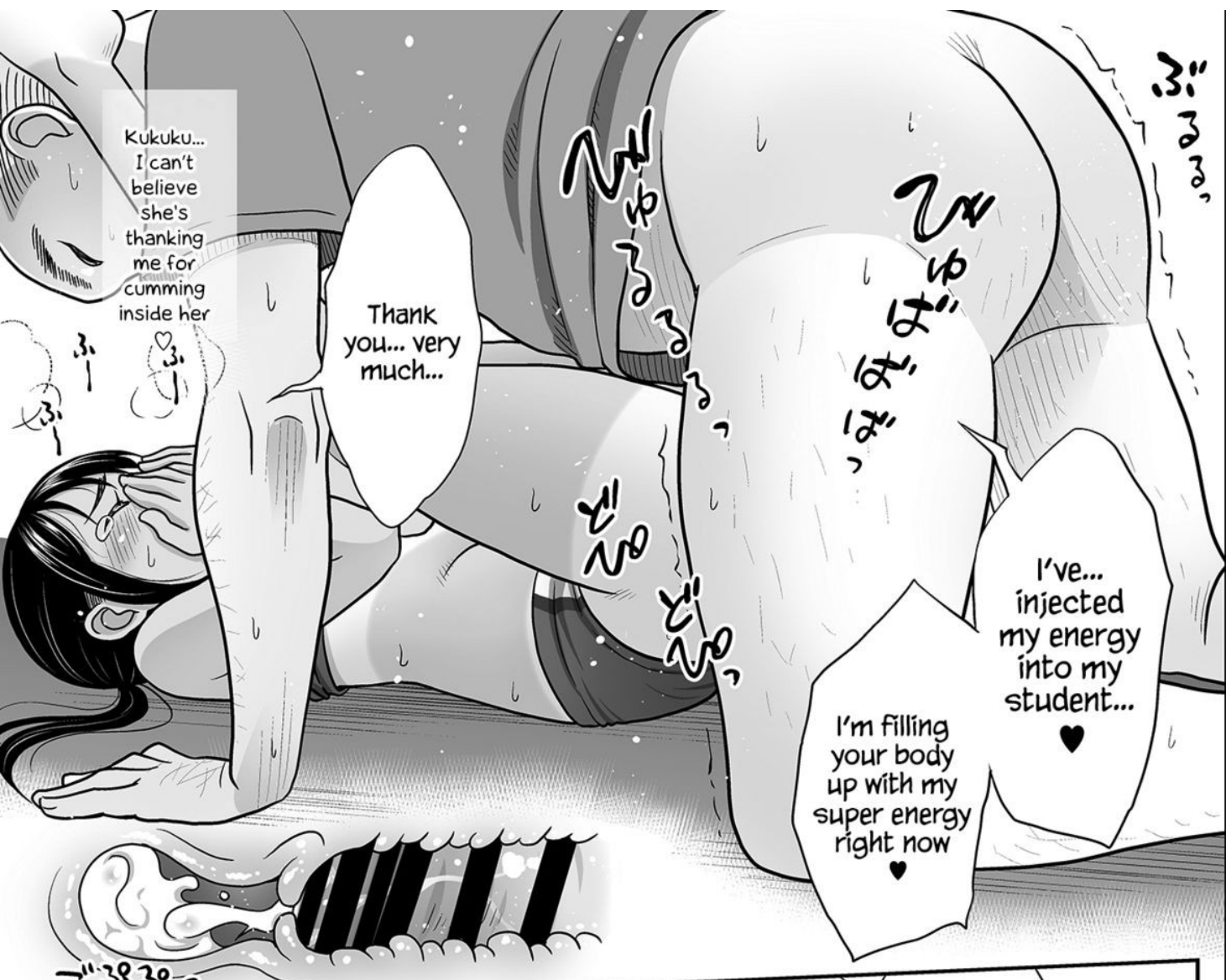
I'm breaking through my student's hymen and cumming right inside her pussyyy!

FNGH!

Ah...

Oufugh...  
Fuoh...





Kukuku...  
I can't believe  
she's  
thanking  
me for  
cumming  
inside her

Thank  
you... very  
much...

I'm filling  
your body  
up with my  
super energy  
right now

I've...  
injected  
my energy  
into my  
student...

O-  
Okay...

Also, make sure  
you don't tell  
anyone else about  
this, got it?  
I only have enough  
energy for one  
person, after all.

Make sure  
you come  
to the  
supervisor's  
office every  
day after  
practice.

Starting  
from  
tomorrow,  
we'll do this  
every day  
until the  
tourna-  
ment!

But there  
wouldn't be  
any point in  
doing this  
just once.  
We need to  
this again  
and again!

Geez,  
being a  
teacher  
is the  
best

As long  
as I say stuff  
that sounds  
kind of  
appropriate,  
I get to fuck  
my students  
as much as  
I want

Several weeks later

It's finally the tournament tomorrow.  
Let's review all the training we did!

Supervisor's Office

Y-Yes...  
Eek!

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!

Yes...!

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

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

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!



Hey! Your back is slouching again!

Agah!

Agah!

Agah!

ぼんぼん

ぼんぼん

ぼんぼん

ぼんぼん

ぼんぼん

ギンツ

ギンツ



A crouched back will put pressure on your lungs, making it harder for you to breathe! How many times do I have to tell you this?!

Keep your arms to the back!

And thrust your chest out!

Ah!

ギンツ

ギンツ

ぼんぼん

ぼんぼん

ギンツ

ぼんぼん



Not good enough!!

L-Like this...?

Like this!

Higuh!!

AH!

AH!

AH!



Under-  
stood?!

Focus on  
exhaling!

You have  
to keep  
your chest  
thrust out  
at least  
that much!

Y-  
Yes!

I'll finish  
this up with  
injecting my  
energy into  
your body!



I'm  
cum-  
ming!

It's  
going to  
be a real  
thick

and  
heavy  
load!

Okay!

I'm  
cum-  
ming!!



FNGH!!

HIGH!!

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

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

オシッコ



# 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.

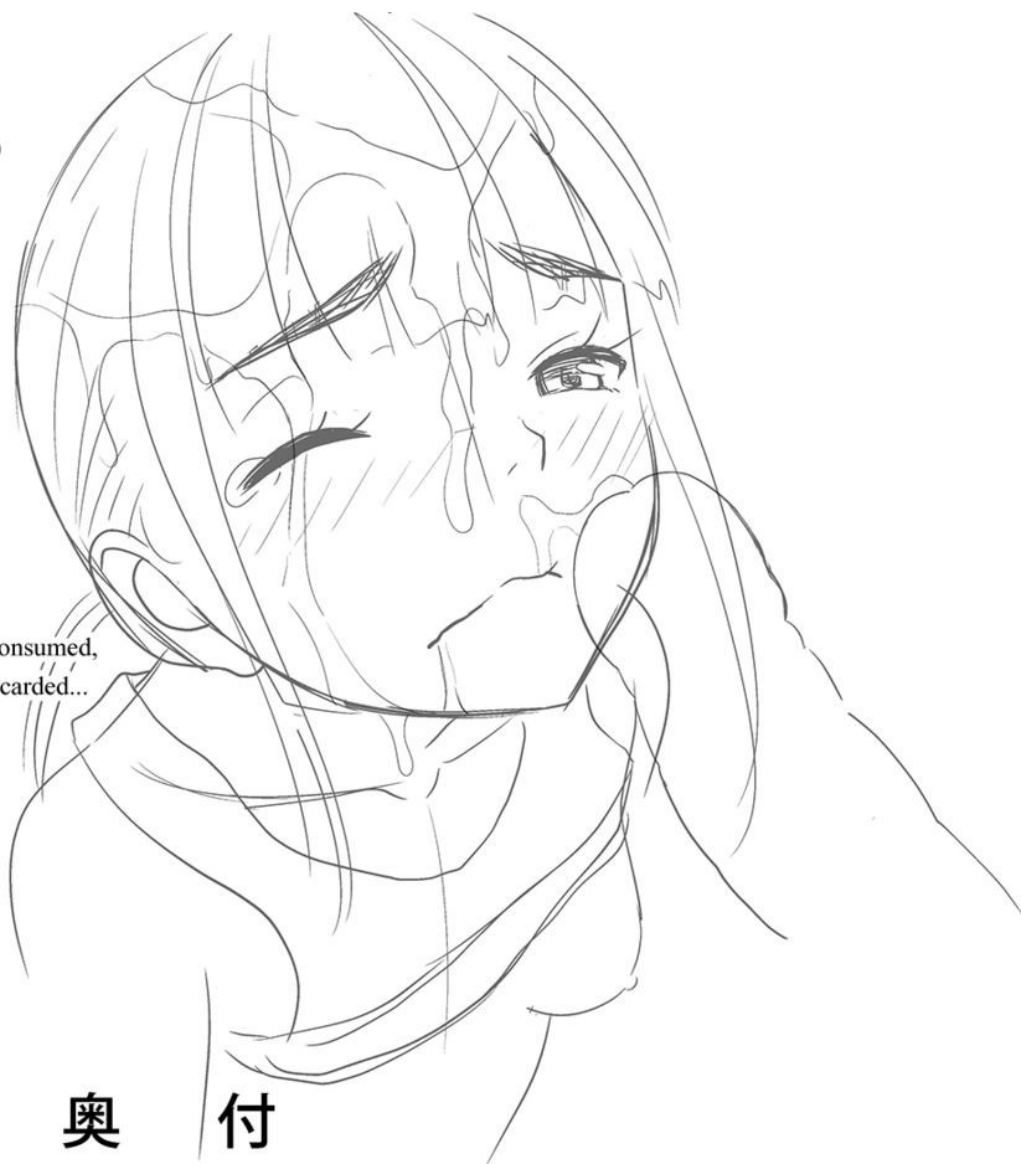
I hope to see you all again sometime. See ya.

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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# 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 refreshing 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!

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ん

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...!

ZZZZ  
ZZZZ



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.  
♥



## 奥付

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