

Hit your pace

2017-021-001

Gesamtumfang: 3300 m

| Anzahl | Ausführung | Pause | Intens. | Dauer | Uhrzeit |
|---|--|-------|---------|-------|---------|
| 1 * | 400 Einschwimmen mit Technik und Beinen | 01:00 | REKOM | 09:53 | 19:01 |
| Lagen - Medley | | | | | |
| 6 * | 25 Delfin | 00:15 | Lagen | 04:26 | 19:11 |
| 3 * | 50 Brust | 00:15 | Lagen | 03:41 | 19:15 |
| 2 * | 75 Rücken | 00:15 | Lagen | 03:26 | 19:19 |
| 2 * | 75 Brust | 00:15 | Lagen | 03:26 | 19:22 |
| 3 * | 50 Rücken | 00:15 | Lagen | 03:41 | 19:26 |
| 6 * | 25 D | 00:15 | Lagen | 04:26 | 19:29 |
| Hit your pace (die Intervalle jeweils ca 2 s schneller) | | | | | |
| 4 * | 50 FS progressiv (1..4) | 00:15 | GA 2 | 04:31 | 19:34 |
| 4 * | 50 FS progressiv (1..4) | 00:15 | GA 2 | 04:31 | 19:38 |
| 1 * | 50 REKOM | 01:00 | REKOM | 02:07 | 19:43 |
| 4 * | 100 FS progressiv (1..4) | 00:30 | GA 2 | 09:01 | 19:45 |
| 1 * | 50 REKOM | 01:00 | REKOM | 02:07 | 19:54 |
| 4 * | 100 FS progressiv (1..4) - kürzere Pause als vorher | 00:20 | GA 2 | 08:21 | 19:56 |
| 1 * | 50 REKOM | 01:00 | REKOM | 02:07 | 20:04 |
| 4 * | 50 FS progressiv (1..4) - kürzere Pause als vorher | 00:05 | GA 2 | 03:51 | 20:15 |
| 4 * | 50 FS progressiv (1..4) | 00:05 | GA 2 | 03:51 | 20:15 |
| 1 * | 50 REKOM | 01:00 | REKOM | 02:07 | 20:19 |
| 1 * | 200 Ausschwimmen (kein FS) | 00:30 | REKOM | 04:57 | 20:25 |