

Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
6 x 50m FS Ungerade Beine ; Gerade Arme	GA1	20s	700
4 x 75m Lagen ohne FS	GA1	20s	1000
2 x 400m negative split	GA1- GA1-2	30s	1800
50m Rü	GA1	30s	1850
2 x 300m negative split	GA1- GA1-2	30s	2450
50m Rü	GA1	30s	2500
2 x 200m negative split	GA1-2 - GA2	45s	2900
50m Rü	GA1	30s	2950
2 x 100m negative split	GA1-2 - GA2	45s	3150
50m Rü	GA1	30s	3200
Ausschwimmen			3400