

Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
			400
9 x 50m FS/ Rü/ Br i.w 25m Arme/25mBeine	GA1	20s	700
3 x100m FS ( 25m Schnell / 75m locker)	GA1	15s	1150
Nach je. Set 40s Pause			1150
4 x 250m FS (100m GA1 / 50m GA2 / 100m GA1)		20s	2150
4 x 150m FS ( 50m GA1 / 50m GA2 / 50m GA1)		20s	2750
4 x 100m FS (25m GA1 / 50m GA2 / 25m GA1)		20s	3150
4 x50m Rü/ Br i.w	GA1	15s	3350
Ausschwimmen			3550