

Ausführung	Intensität	Pause	Distanz
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400m Einschwimmen			400
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2 Sets :

100 Kr 100 Rü	GA1	20s
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100 Kr 50 Br	GA1	20s
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100 Kr 25 D	GA1	20s
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2 Sets: Set 1 mit Paddles

300 FS	GA1	20s
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100 @ 85% FS	GA1-2	20s
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200 FS	GA1	20s
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100 @ 85% FS	GA1-2	20s
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100 Lagen	GA1	20s
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100 @ 85% FS	GA1-2	20s
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200 Ausschwimmen			3350
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