

## Intensive 100er

2026-05-001

Gesamtumfang: 3150 m

| Anzahl | Ausführung                                            | Pause                                              | Intens. | Uhrzeit |       |
|--------|-------------------------------------------------------|----------------------------------------------------|---------|---------|-------|
| 1 *    | 400                                                   | Einschwimmen                                       | 01:00   | REKOM   | 19:15 |
| 5 *    | 100                                                   | Technik                                            | 00:15   | Technik | 19:25 |
|        | KoS - FS - KoS - FS                                   |                                                    |         |         |       |
|        | 1er - 3er - 5er -7er                                  |                                                    |         |         |       |
|        | 3 EA OS - FS - 3 EA OS - FS                           |                                                    |         |         |       |
|        | 3 EA aktiv (RtW, WF, HE, AZ Prog) - FS                |                                                    |         |         |       |
|        | 3 EA passiv - FS                                      |                                                    |         |         |       |
| 5 *    | 100                                                   | Lagen                                              | 00:15   | Lagen   | 19:38 |
|        | 1. D - R - D - R   2. R - B - R - B                   |                                                    |         |         |       |
|        | 3. B - FS - B - FS   4. FS - beliebig - FS - beliebig |                                                    |         |         |       |
|        | 5. D - R - B - FS                                     |                                                    |         |         |       |
| 1 *    | 50                                                    | REKOM                                              | 01:00   | REKOM   | 19:49 |
| 5 *    | 100                                                   | FS gesteigert                                      | 00:15   | GA 2    | 19:51 |
|        | Jeder 100er ca. 1 - 2 Sekunden schneller              |                                                    |         |         |       |
| 1 *    | 50                                                    | REKOM                                              | 01:00   | REKOM   | 20:02 |
| 5 *    | 100                                                   | FS mit reduzierte Pause (ca. 2 Sekunden schneller) | 00:15   | GA 2    | 20:04 |
|        | zügiges Temp                                          |                                                    |         |         |       |
| 1 *    | 50                                                    | REKOM                                              | 01:00   | REKOM   | 20:14 |
| 1 *    | 400                                                   | FS                                                 | 00:00   | GA 1    | 20:17 |
| 1 *    | 200                                                   | Ausschwimmen (kein FS)                             | 00:30   | REKOM   | 20:24 |