

Triathlon Off Season 08.10.20



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
4 x 50m oben bis mitte Wriggen 60%-90%		15s	600
4 x 75m B / R / FS 25m wechsel (FS Progressiv)	GA1-2	20s	900
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16 x 100 4 mal (70% , 75%, 80%, 85%)	GA1-2	20s	2500
50-100m Locker			
8 x 50m : 25m 90% 25m 60%	GA1-EB	30s	3000
200 Ausschwimmen			3200