

Triathlon Off Season 15.10.20



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
3 x 100m F Bein		30s	700
4 x 100m Lagen :DRBF, Rbfd, BFDR, FDRB	GA1	20s	1100
400m 1/2 PB 70%	GA1	30s	1500
1 x 100 80%	GA2	20s	1600
300m 1/2 PB 70%	GA1	30s	1900
2 x 100 80%	GA2	20s	2100
50m Locker			
200m 1/2 PB 70%	GA1	20s	2350
3 x 100 80%	GA2	20s	2650
100 PB 70%	GA1	20s	2750
4 x 100 80%	GA2	20s	3150
200 Ausschwimmen Kein FS			3350