

# Kombintionstraining

2017-042-001

Gesamtumfang: 3500 m

Anzahl	Ausführung	Pause	Intens.	Dauer	Uhrzeit
1 *	400 Einschwimmen	01:00	REKOM	09:53	19:02
12 *	50 Lagen Kombi-Training (Wechsel alle 5 m) D - B - D - B - ... D - FS - D - FS - ... B - FS - B - FS - ... R - FS - R - FS - ... D - B - FS - D - ... D - FS - B - D - ...	00:15	Technik	15:30	19:12
1 *	50 REKOM	01:00	REKOM	02:07	19:27
8 *	75 25 m Beine - Rest Ganze Lage	00:30	Lagen	15:46	19:29
1 *	50 REKOM	01:00	REKOM	02:07	19:45
	Handicap Schwimmen				
5 *	50 Freistil (reduziere Z/Bahn, T const)	00:15	Technik	06:28	19:47
5 *	50 Freistil (reduziere T, Z/Bahn const)	00:15	Technik	06:28	19:47
1 *	50 REKOM	01:00	REKOM	02:07	20:00
1 *	500 FS (GA 2 - GA1) 50 - 50 - 50 -100 - 50 - 150	01:00	GA ½	09:58	20:02
1 *	50 REKOM	01:00	REKOM	02:07	20:02
1 *	500 FS (GA 2 - GA1) 50 - 50 - 50 -100 - 50 - 150	01:00	GA ½	09:58	20:12
1 *	200 Ausschwimmen (kein FS)	01:00	REKOM	05:27	20:24