

## Triathlon 15.09.21



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen	Rekom		400
4 x 50 25m Rü Arme BB ; 25m Rü GL	GA1	30s	600
4 x 50 25m Brust Arme DB ; 25m B GL	GA1	30s	800
4 x 50 25m FS Arme Abschlag , Brust Beine ; 25m FS GL	GA1	30s	1000
3 x 150 Rü Pro 50m (15mm Beine 35m GL)	GA1	30s	1450
3 x 150 Brust Pro 50m (15mm Beine 35m GL)	GA1	30s	1900
3 x 150 FS Pro 50m (15mm Beine 35m GL)	GA1	30s	2350
2 x 50m Rü 25m Voll, 25m Lo	GA1-EB	30s	2450
2 x 50m Br 25m Voll, 25m Lo	GA1-EB	30s	2550
2 x 50m FS 25m Voll, 25m Lo	GA1-EB	30s	2650
200m AS kein FS	Rekom		2850