

GA – Training

Gesamtumfang: 4275 m

| Anzahl | Ausführung | Pause | Intens. | Uhrzeit |
|-----------------|--|-------|--------------|---------|
| 1 * 400 | Einschwimmen + Technik | 01:00 | REKOM | 19:25 |
| 6 * 25 | FS Technik (DD) | 00:15 | Technik | 19:34 |
| 4 * 75 | FS – Wasserfassen (Spreizen, FA, GL) | 00:15 | Technik | 19:38 |
| 4 * 75 | HS – ES – GL | 00:15 | Technik | 19:45 |
| 1 * 25 | REKOM | 00:15 | REKOM | 19:52 |
| GA – Fartlek | | | | |
| 1 * 800 | FS (50 lo – 50 ha – 100 lo ... – 200 ha) | 01:00 | GA ½ | 19:53 |
| 1 * 100 | REKOM – aktive Erholung (kein FS) | 01:00 | REKOM | 20:08 |
| 1 * 800 | FS (200 ha – 150 lo ... 50 lo) | 01:00 | GA ½ | 20:11 |
| 1 * 100 | REKOM – aktive Erholung | 01:00 | REKOM | 20:25 |
| 8 * 50 | Lagen oder FS progressiv | 00:30 | GA 2 GA 1 | 20:29 |
| Lagen Medley XV | | | | |
| 1 * 100 | Lagen (D-R-B-FS) | 00:30 | Lagen | 20:39 |
| 1 * 150 | Lagen (R-B-FS) | 00:30 | Lagen | 20:42 |
| 1 * 200 | Lagen (R-B) | 00:30 | Lagen | 20:45 |
| 1 * 150 | Lagen (R-B-FS) | 00:30 | Lagen | 20:49 |
| 1 * 100 | Lagen (D-R-B-FS) | 00:30 | Lagen | 20:52 |
| 1 * 200 | Ausschwimmen (kein FS) | 00:30 | REKOM | 20:55 |