

Triathlon 08.12.21



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
6 x 50m TÜ Koordinationsübungen wechsel je.25m	GA1	15s	700
4 x 100 25D 75FS, 50B 50FS, 75R 25FS 100FS	GA1	30s	1100
3 x 100m 50m Voll 50m Rekom	EB	20s	1400
9 x 100m 1-3 15s Pause 4-6 10s 7-9 5s	GA1	30s	2300
10 x 50m Abgangzeit GA2 90%	WSA	30s	2800
4 x 100 25D 75FS, 50B 50FS, 75R 25FS 100FS	GA1	30s	3200
Ausschwimmen			3250