

Triathlon 5.10.2022



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			600
6 x 50m FS 2 mal 12-1-12 2 mal 6-1-6 2 mal 6-3-6	GA1	20s	700
4 x 50m Atmen je.2.3.4.5 Züge	GA1	20s	900
100m FS GL Atmen 2 Züge	GA1	20s	1000
4 x 50m Atmen je.2.3.4.5 Züge	GA1	20s	1200
100m FS GL Atmen 3 Züge	GA1	20s	1300
4 x 50m Atmen je.2.3.4.5 Züge	GA1	20s	1500
100m FS GL Atmen 4 Züge	GA1	20s	1600
100m Locker			
3 x 200m Lagen 25mD/50mRü/50mBr/25mFS	GA1	30s	2300
100m Locker			2400
4 x 50m 25m Progressiv Sprint 25m Rü	GA1	20s	
Ausschwimmen			2800