

Triathlon 12.10.2022



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			600
2 x 250m --> 50 Rü GL+ 50m Rü Beine + 50m Wriggen + 50m FS GL	GA1	20s	900
50m Locker			
2 x 225m --> 75 FS GL + 75m FS Be + 75m FS GL	GA1	20s	1400
2 x 150m --> 50 Rü GL + Rü 50m Beine + 50m Rü GL	GA1	20s	1700
2 x 75m --> 25m Br + 25m Br. Be. + 25m Br GL	GA1	20s	1850
50m Locker			1900
4 x100m hi lo hi lo	GA1- GA2	20s	2300
2 x 150m FS GL 50m GA1 + 50m schnell + 50m GA1	GA1/2	20s	2600
4 x 50m FS GL 12,5m GA1 + 25m EB + 12,5m GA1	GA1-EB	20s	2800
Ausschwimmen			3000