

Triathlon 30.11.22



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
3 Sets 50m 12 Beine / 3 Arm Züge + 50m gesteigert + 50m 12 Beine / 3 Arm Züg	GA1	20s	850
50m Locker			900
3 Sets 200m GA1 100m GA1/2		30s	1800
2 Sets 150m GA1 75m GA2		30s	2250
1 Set 100m GA1 50m WSA		30s	2400
100m Locker			2500
3 x 100m FS / Rü mit PB 25m wechsel.. FS GA1-2 Rü GA1			2800
Ausschwimmen			3000