

Triathlon 24.05.23



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
4 x 50 FA/BB FA/DB, BA/FB BA/DB, RA/BB RA/DB, DA/FB DA BB in. 25 wechsel	GA1		600
8 x 50 20m FS Spint Rest Rü			800
4 x 50m Beine		10s	1000
2 x 150 FS	GA1	15s	1300
100 FS mit PB	GA1	25s	1400
3 x 100 FS	GA1-2	10s	1700
100 FS mit PB	GA1	25s	1800
4 x 50 FS	GA2	5s	2000
100 FS mit PB	GA1	25s	2100
3 x 100 FS	GA1-2	10s	2400
100 FS mit PB	GA1	25s	2500
2 x 150 FS	GA1	15s	2800
100 FS mit PB	GA1	25s	2900
300 FS mit Flossen			3200
Ausschwimmen 200m			3400

8x100 on 1.50

6x100 on 1.45

4x100 on 1.40

2x100 on 1.35

90 seconds rest between sets. Adjust

timeframes so you are just making the last

set.

200 easy

6x50 Odd - scull

Even - 25 fly/25 free

Cool Down

200 easy

Warm Up

4x200 choice

Main Set

10x100 on 1.30

8x100 on 1.25

6x100 on 1.20

4x100 on 1.15

90 seconds rest between sets. Adjust

timeframes so you are just making the last

set.

400 easy

12x50

200 free at 70%

100 IM

200 free @ 80%

2x100 IM

200 free @ 90%

3x100 IM

10x50 Odd - 15m fast/25 easy

Even - 40m easy / 10m fast

Gesamt

400

200

200

200

300

100

300

100

200

100

300

100

300

100

1900

300

200