

Triathlon Off Season 01.10.20



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
2 x 100 50m 6-1-6 50m GL		20s	600
3 x 100 25m Sculling 75m 70%-90%	GA1	20s	900
1 x 400 GL 70 %	GA1	30s	1300
2 x 300 GL 75%	GA1	30s	1900
3 x 200 GL 80%	GA 1/2	30s	2500
4 x 100 GL 85%	GA2	30s	2900
200 Ausschwimmen			3100