

2016-048-001

Gesamtumfang: 3700 m

Anzahl	Ausführung	Pause	Intens.	Dauer	Uhrzeit
1 *	400Einschwimmen	01:00	REKOM	09:53	19:00
8 *	25Streamline (Abstossen m/o Beine → progressiv)	00:15	Technik	06:10	19:09
4 *	50FS - Technik	00:15	Technik	05:10	19:16
3 *	100Lagen (D - Rest FS)	00:20	Lagen	06:53	19:21
3 *	100Lagen (D - R - Rest FS)	00:20	Lagen	06:53	19:28
3 *	100Lagen (D - R - B - FS)	00:20	Lagen	06:53	19:35
	Hit your pace (4 * 8 * 50)				
4 *	50FS progressiv (1..4)	00:20	GA 2	04:51	19:41
4 *	50FS progressiv (1..4)	00:20	GA 2	04:51	19:46
1 *	50REKOM (kein FS)	01:00	REKOM	02:07	19:51
4 *	50FS progressiv (1..4)	00:15	GA 2	04:31	19:53
4 *	50FS progressiv (1..4)	00:15	GA 2	04:31	19:58
1 *	50REKOM (kein FS)	01:00	REKOM	02:07	20:02
4 *	50FS progressiv (1..4)	00:10	GA 2	04:11	20:04
4 *	50FS progressiv (1..4)	00:10	GA 2	04:11	20:08
1 *	50REKOM (kein FS)	01:00	REKOM	02:07	20:13
4 *	50FS progressiv (1..4)	00:05	GA 2	03:51	20:15
4 *	50FS progressiv (1..4)	00:05	GA 2	03:51	20:19
1 *	50REKOM (kein FS)	01:00	REKOM	02:07	20:22
1 *	200Ausschwimmen (kein FS)	00:30	REKOM	04:57	20:25