

Hold the pace I

2018-03-001

Gesamtumfang: 4000 m

Anzahl	Ausführung	Pause	Intens.	Dauer	Uhrzeit
1 *	400 Einschwimmen	01:00	REKOM	09:53	19:00
10 *	50 Lagen - Technik / Koordination	00:15	Technik	12:55	19:10
1 *	50 REKOM	01:00	REKOM	02:07	19:10
	REKOM				
10 *	50	00:15	Technik	12:55	19:25
1 *	50 FS - Technik	01:00	REKOM	02:07	19:25
	REKOM				
1 *	50 REKOM	01:00	REKOM	02:07	
1 *	50 REKOM	01:00	REKOM	02:07	19:40
	Lagen - Medley				
6 *	50 FS	00:15	GA 1	07:03	
1 *	75 Lagen (D-R-B)	00:30	Lagen	01:58	19:45
4 *	75 FS	00:15	GA 1	06:33	19:52
1 *	75 Lagen (D-R-B)	00:30	Lagen	01:58	19:54
3 *	100 FS (Tempo: 2*50)	00:15	GA 1	06:18	20:00
3 *	100 FS (Tempo: 2*50)	00:15	GA 1	06:18	20:02
1 *	75 Lagen (D-R-B)	00:30	Lagen	01:58	20:08
2 *	150 FS (Tempo: 3*50)	00:15	GA 1	03:17	20:15
1 *	75 Lagen (D-R-B)	00:30	Lagen	01:58	20:17
1 *	300 FS (Tempo: 6*50)	00:15	GA 1	02:06	20:20
1 *	200 Ausschwimmen - FS ruhiges kontrolliertes Tempo	01:00	REKOM	05:27	20:24