

## Triathlon Grundlage 16.06.21



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen	Rekom		400
8 x 25m Te.	GA1	30s	600
4 x 50m 12.5m VK Sprint 37,5m Rekom	VK	30s	800
200 FS	GA1	60s	1000
150 Lagen DRB 25m GL 25m Beine	GA1	60s	1150
300 FS	GA1	60s	1450
150 Lagen RBF 25m GL 25m Beine	GA1	60s	1600
400 FS	GA1	60s	2000
150 Lagen BFD 25m GL 25m Beine	GA1	60s	2150
300 FS	GA1	60s	2450
150 Lagen FDR 25m GL 25m Beine	GA1	60s	2600
200 Beliebig	Rekom		2800