

Triathlon Grundlage 25.06.21



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen	Rekom		400
400m Te.			
2 x 75m R 50m B 25m D Abschlag			
300m Te.			
4 x 150m FS Build 1-4	GA1-2	30	1700
100 Rekom kein FS			1800
4 x 100 Build 1-4	GA1-2	30s	2200
100 Rekom kein FS			
8 x 50 Build 1-4	GA1- EB	30s	
100 Rekom kein FS			2800
16 x 25m Build 1-4	GA1-WSA	20s	3200
			3200
200m Ausschwimmen bel.	Rekom		3400