

Triathlon Grundlage 30.06.21



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen	Rekom		400
3 x 100m Lage : 25m D, 50m B, 75m R; 50m B, 25m D , 75 R; 50m B, 75m R, 25m D		20s	700
5 x 100mm Te. Ü	GA1	20s	1200
2 x 100 FS 25m Beine 25 Ame in wechsel	GA1	20s	1400
12 x 25m FS 1. Max Tempo 2. GA2 3. Rekom	Rekom-EB	15s	1700
3 x 100mm Gleiche Abgangszeit	GA1	15s	2000
150m FS 50m GA2 FS 50m GA1 R 50m GA2 FS	GA1 - GA2		2150
3 x 100mm Gleiche Abgangszeit	GA2	15s	2450
150m FS 50m GA1 R 50m GA2 FS 50m GA1 R	GA1		2600
4 x 50m Tempo	WSA	60s	2800
200m Ausschwimmen bel.	Rekom		3000