

Triathlon Grundlage 06.07.21



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen	Rekom		400
4 x 75m Lage : 25m Rücken + 37,5m Brust + 12,5m Delfin		20s	700
4 x 25m Tauchen	GA1	30s	800
4 x 50 Te. Kick.	GA1	30s	1000
Pyramid 2 mal 1000m --> 50m Locker			
200m FS	GA1	20s	1400
150m FS	GA1	20s	1700
100m FS mit PB	GA1-2	20s	1900
2 x 50m R / B	GA1	20s	2100
100m FS mit PB	GA1-2	20s	2300
150m FS	GA1	20s	2600
200m FS	GA1	60s	3000
AS kein FS	Rekom		3200