

## Triathlon 21.07.21



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen	Rekom		400
4 x 100m Lagen	GA1	30s	800
6 x 50m Brust / Rücken Te.	GA1	30s	1100
300m FS 1500m Wettkampf Tempo	GA2+	60s	1400
300m Triathlon FS	GA1	60s	1700
300m FS mit PB	KA	60s	2000
300m je. 50m Gesteigert.	GA1-GA2	60s	2300
150m Locker	GA1		2450
50m FS davon 15m Sprint 35m Locker	EB	30s	2500
100m davon 50m Tempo 50 locker	EB	45s	2600
200m davon 100m Tempo 100 Locker	EB		2800
AS kein FS	Rekom		3000