

## Verschiedene Intervalle

2023-011-001

Gesamtumfang: 3250 m

| Anzahl  | Ausführung                                | Pause | Intens. | Uhrzeit |
|---------|---|-------|---------|---------|
| 1 * 400 | Einschwimmen                              | 01:00 | REKOM   | 19:07   |
|         | <b>Intervall I</b>                        |       |         |         |
| 6 * 25  | Lagen Beine Tauchen ( D - B - FS)         | 00:15 | Beine   | 19:17   |
| 3 * 50  | Pull Buoy - Variationen (A - K - O)       | 00:15 | Technik | 19:22   |
| 2 * 75  | HS - ES - FA (jeweils 1/2 Bahn - Rest FS) | 00:20 | Technik | 19:26   |
| 1 * 150 | FS - GA 1                                 | 00:30 | GA 1    | 19:30   |
|         | <b>Intervall II</b>                       |       |         |         |
| 4 * 25  | Lagen - schnell                           | 00:15 | Lagen   | 19:34   |
| 2 * 50  | 25m L schnell - 25m L ruhig (kein FS)     | 00:15 | Lagen   | 19:37   |
| 2 * 100 | RB - R - FSB - FS                         | 00:30 | REKOM   | 19:39   |
| 2 * 50  | 25m L schnell - 25m L ruhig (kein FS)     | 00:15 | Lagen   | 19:45   |
| 4 * 25  | Lagen - schnell                           | 00:15 | Lagen   | 19:48   |
| 1 * 50  | REKOM (kein Freistil)                     | 01:00 | REKOM   | 19:51   |
|         | <b>Intervall III</b>                      |       |         |         |
| 8 * 50  | 1   4 => 4 * 50m FS - Wettkampftempo      | 00:15 | WSA     | 19:53   |
| 2 * 50  | 2   5 => 1 * 50m REKOM                    | 00:15 | REKOM   | 20:01   |
| 2 * 400 | 3   6 => 1 * 400m FS mit Paddles          | 01:00 | KA 1    | 20:04   |
| 2 * 50  | 4   8 => 1 * 50m REKOM                    | 00:15 | REKOM   | 20:21   |
| 1 * 200 | Ausschwimmen                              | 01:00 | REKOM   | 20:24   |