

Triathlon 29.11.23



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
6 x 50 TÜ 25m TÜ 25m GL	GA1	20s	700
100 Lagen	GA1	20s	800
5 x 200 FS @ 75 -80%	GA1	30s	1800
100 Lagen	GA1	20s	1900
4 x 150 FS @ 80-85 %	GA1-2	30s	2500
100 Lagen	GA1	20s	2600
3 x 100 FS @ 85-90 %	GA2	30s	2900
100 Lagen	GA1	20s	3000
2 x 50 FS @ 95 %	WSA	30s	3100
100 Lagen	GA1	20s	3200
1 x 25 FS @ 100 %	SA	30s	3225
200 Ausschwimmen			3425