

Triathlon 03.07.24



| Ausführung            | Intensität | Pause | Distanz |
|-----------------------|------------|-------|---------|
| 400m Einschwimmen     |            |       | 400     |
| 3x150 -->             |            |       |         |
| 1. 75 Fr / 75 Rü      | GA1        | 15s   | 550     |
| 2. 100 Fr / 50 Br     | GA1        | 15s   | 700     |
| 3. 125 Fr / 25 D      | GA1        | 15s   | 850     |
| 4x50 -->              |            |       |         |
| 1. 25m UW 25 Beliebig | GA1        | 15s   | 900     |
| 2. 20m UW 25 Beliebig | GA1        | 15s   | 950     |
| 3. 15m UW 25 Beliebig | GA1        | 15s   | 1000    |
| 4. 10m UW 25 Beliebig | GA1        | 15s   | 1050    |
| 2 sets                |            |       |         |
| 350 FS                | GA1        | 20s   | 1750    |
| 100 @ 90%             | GA2        | 30s   | 1950    |
| 250 FS                | GA1        | 20s   | 2450    |
| 100 @ 90%             | GA2        | 30s   | 2650    |
| 150 FS                | GA1        | 20s   | 2950    |
| 100 @ 90%             | GA2        | 30s   | 3150    |
| Ausschwimmen 200m     |            |       | 3350    |