

Triathlon 14.10.2024



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			600
2 x 50m 4. Nebenlage/FS	GA1	20s-30s	500
2 x 100 m 3. Nebenlage/FS	GA1	20s-30s	700
2 x 150m 2. Nebenlage/FS	GA1	20s-30s	1000
100m Locker			
4 x 50m 25m Tauchen 25 Locker			
100m Locker			
2 mal :			
200m : 50 @ 85% 5Sek P + 150 @ 75%	GA1 - GA1/2	30s	1800
150m : 50 @ 85% 5Sek P+ 100 @ 75%	GA1 - GA1/2	30s	2100
100m : 50 @ 85% 5Sek P+ 50 @ 75%	GA1 - GA1/2	30s	2300
50m : 50 @ 85%	GA2	60s	2400
100m Locker			
2 x 150m 2. Nebenlage/FS	GA1	20s-30s	2600
2 x 100m 3. Nebenlage/FS	GA1	20s-30s	2800
2 x 50m 4. Nebenlage/FS	GA1	20s-30s	3100
Ausschwimmen			3300