

Triathlon 13.11.24



Ausführung		Intensität	Pause	Distanz
400m Einschwimmen		Rekom		400
4 x 200 : 1. 150 FS / 50 Rü 2. 150FS / 50 Br 3. 150 FS / 50 Be 4. 150 Fs / 50 Lagen		GA1	20s	1200
25	FS Sweetspot Training	GA1-2	10s	1225
200 FS		GA1	30s	1425
50 + 25	FS Sweetspot Training	GA1-2	10s	1500
200 FS mit PB		GA1	30s	1700
75 + 50 + 25	FS Sweetspot Training	GA1-2	10s	1850
200 FS		GA1	30s	2050
100 + 75 + 50 + 25	FS Sweetspot Training	GA1-2	10s	2300
200 FS mit Flossen		GA1	30s	2500
150 + 100 + 75 + 50 + 25	FS Sweetspot Training	GA1-2		2900
200 FS		GA1		3100
Ausschwimmen 200m				3300