

Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
2 x 100m FS Beine mit Flossen			600
2 x (50m R + 50m B + 50m R)	GA1	30s	800
2 x 100m FS Beine ohne Flossen	GA1	30s	1000
3 x 50m FS 1-3 gesteigert 80% 85% 95%	GA1-EB	20s	1150
50m Locker			1200
3 x 100m 1-3 gesteigert 80% 85% 90%	GA1 -GA2	20s	1500
50m Locker			1550
3 x 200m KA FS mit PB 1-3 gesteigert 75% 80% 85%	GA1- GA1-2	20s	2150
100m Locker			2250
3 x 300m FS 1-3 gesteigert 75% 80% 85%	GA1- GA1-2	20s	3150
50m R + 50m B + 50m R	GA1		
Ausschwimmen			3500