

Triathlon Grundlage 04.06.25



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen	Rekom		400
4 x 150 D/FS/RÜ/FS/BR/FS in 25m wechsel	GA1	20s	1000
6 x 50 25 Beine 25 GL	GA1	15s	1300
4 x 150m FS Build 1-4 3te. Mit Paddles		20s	1900
50 Rekom	Rekom	20s	1950
4 x 100 Build 1-4 3te. Mit Paddles		20s	2350
50 Rekom	Rekom	20s	2400
8 x 50 Build 1-4		20s	2800
50 Rekom	Rekom	20s	2850
16 x 25m Build 1-4		10s	3250
50 Rekom	Rekom		3300
200m Ausschwimmen bel.	Rekom		3500