

Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
6 x 75 25 TÜ 50 FS			850
25 D 50 Br 75 Rü			1000
50 Locker			1050
10m Sprint 40m locker		15-30s	
15m Sprint 35m locker		15-30s	
20m Sprint 30m locker		15-30s	
25m Sprint 25m locker		15-30s	
30m Sprint 20m locker		15-30s	
35m Sprint 15m locker		15-30s	
40m Sprint 10m locker		15-30s	1400
100 locker kein FS			1500
5 sets			
150 FS @ 75%		30s	2250
50 FS @ 90%		30s	2500
6 x 100 FS mit PB and paddels		20s	3100
Ausschwimmen 200m			3300