

Triathlon 20.05.26



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
200 in 25's wriggen/GL/Bein/GL			
200 Lagen			
200 FS GL gesteigert			
200 Lagen			
6x50 @ 90%	GA2	30s	
100 EZ	Recom	20s	
5x50 @ 90%	GA2	30s	
100 EZ	Recom	20s	
4x50 @ 90%	GA2	30s	
100 EZ	Recom	20s	
3x50 @ 90%	GA2	30s	
100 EZ	Recom	20s	
2 x 200 FS mit Paddles	KA1	30s	
200 Ausschwimmen			3100