

Triathlon 27.04.22



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
Hauptprogram			
3 x 50m FS 1-3 gesteigert 80% 85% 95%	GA1-EB	20s	1150
50m Locker			1200
3 x 100m KA mit PB 1-3 gesteigert 80% 85% 90%	GA1 -GA2	20s	1500
3 x 200m FS 1-3 gesteigert 75% 80% 85%	GA1- GA1-2	20s	2100
100m Locker			2200
3 x 300m FS 1-3 gesteigert 85% 80% 75%	GA1- GA1-2	20s	3100
50m R + 50m B + 50m R	GA1		
Ausschwimmen			3450