

Triathlon 22.06.22



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			400
		20s	
4 x 50m 25m TU 25m Lagen		20s	600
800m (150 FS + 50R)			
4 x 50m 25m TU 25m Lagen			
5 x 200m FS GL	GA1-2	60s	2600
100m Locker			
5 x 100m FS keep the 200m pace	GA1-2	10s	3200
Ausschwimmen			3400