

Triathlon 21.09.2022



Ausführung	Intensität	Pause	Distanz
400m Einschwimmen			600
2 x 50m 4. Nebenlage/FS	GA1	20s-30s	500
2 x 100 m 3. Nebenlage/FS	GA1	20s-30s	700
2 x 150m 2. Nebenlage/FS	GA1	20s-30s	1000
50m Locker			
2 mal :			
200m : 50 @ 80 % 5-10s P + 150 @ 70%	GA1 - GA1/2	30s	1450
150m : 50 @ 80 % 5-10s P+ 100 @ 70%	GA1 - GA1/2	30s	1750
100m : 50 @ 80 % 5-10s P+ 50 @ 70%	GA1 - GA1/2	30s	1950
50m : 50 @ 85%	GA2	60s	2050
50m Locker			
2 x 150m 2. Nebenlage/FS	GA1	20s-30s	2200
2 x 100m 3. Nebenlage/FS	GA1	20s-30s	2400
2 x 50m 4. Nebenlage/FS	GA1	20s-30s	2700
Ausschwimmen			2900