

Wettkampfvorbereitung

2022-28-001

Gesamtumfang: 3050 m

| Anzahl | Ausführung | Pause | Intens. | Uhrzeit |
|---------|--|-------|---------|---------|
| 1 * 400 | Einschwimmen | 01:00 | REKOM | 19:16 |
| 2 * 150 | Lagen ohne FS - 25 m Wechsel | 00:30 | Lagen | 19:26 |
| 6 * 100 | FS progressiv (1 .. 3) | 00:30 | GA ½ | 19:33 |
| 1 * 100 | REKOM | 01:00 | REKOM | 19:47 |
| 3 * 50 | FS (10 m Start VK - 40 m locker) - Delfinsprünge | 00:15 | GA 2 | 19:51 |
| 1 * 25 | REKOM | 00:10 | REKOM | 19:54 |
| 3 * 50 | FS (10 m Start VK - 40 m locker) - Wasserstart | 00:15 | GA 2 | 19:55 |
| 3 * 50 | FS - schneller als WKT - Wasserstart | 00:15 | GA 2 | 19:58 |
| 1 * 25 | REKOM | 00:10 | REKOM | 20:02 |
| 3 * 50 | FS - schneller als WKT - Delfinsprünge | 00:15 | GA 2 | 20:03 |
| 1 * 100 | REKOM | 01:00 | REKOM | 20:06 |
| 1 * 100 | FS (1500m WKT) | 00:15 | GA ½ | 20:10 |
| 1 * 200 | FS (500m WKT) | 00:15 | GA 2 | 20:12 |
| 1 * 100 | FS (1500m WKT) | 00:15 | GA ½ | 20:16 |
| 1 * 200 | FS (500m WKT) | 00:15 | GA 2 | 20:18 |
| 1 * 100 | FS (1500m WKT) | 00:15 | GA ½ | 20:22 |
| 1 * 200 | Ausschwimmen | 01:00 | REKOM | 20:24 |