

Schwimmen Grundlagen

Plan 1:



4km ca. 80min.

Strecke	Erläuterung	Gesamt
200m.	lockeres Einschwimmen	200m.
8*50m.	25m. Technik + 25m. locker	600m.
6*50m.	20m. Sprint + 30m. locker	900m.
100m.	locker	1000m.
3*800m.	1. 800m. Kraul (GA1) 2. 2* [200m. Lagen (GA1) + 200m. Kraul (GA1)] 3. 800m. Kraul (GA1) mit Wenden-Sprints Pause: 30s.	3400m.
100m.	locker	3500m.
300m.	100m. Kraul (EB) + 50m. locker + 50m. Kraul (EB) + 25m. locker + 25m. Kraul (EB) + 50m. locker	3800m.
100m.	2* [25m. tauchen + 25m. locker]	3900m.
100m.	lockeres Ausschwimmen	4000m.
