

Dauer	Hilfsmittel	Schw.brett	Pullbuoy	Flossen	Paddles	Antipaddles											
60min		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<table border="1"> <tr><td>D</td><td>Delfin</td></tr> <tr><td>K</td><td>Kraul</td></tr> <tr><td>B</td><td>Brust</td></tr> <tr><td>R</td><td>Rückenkraul</td></tr> <tr><td>AD</td><td>Altdeutsch</td></tr> </table>	D	Delfin	K	Kraul	B	Brust	R	Rückenkraul	AD	Altdeutsch
D	Delfin																
K	Kraul																
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AD	Altdeutsch																

#	Ziel	Programmeinheit	Wiederholung	1850m	Tools	Pause	Bemerkung
1	Einschwimmen	<ul style="list-style-type: none"> 150m beliebig 	1x	150m	-	-	Locker schwimmen, Muskeln aufwärmen
2	Kraul	<ul style="list-style-type: none"> 50m K Beine (Brett) 50m K Arme (Pullbuoy) 100m K komplett 	2x	400m	Brett Pullbuoy -	20s	
3	Brust	<ul style="list-style-type: none"> 50m B Beine (Brett) 50m B Arme (Pullbuoy) 100m B komplett 	2x	400m	Brett Pullbuoy -	20s	
4	Rücken	<ul style="list-style-type: none"> 50m R Beine (Brett) 50m R Arme (Pullbuoy) 100m R komplett 	2x	400m	Brett Pullbuoy -	20s	
5	Lagen 2x100m	<ul style="list-style-type: none"> 25m R 25m B 25m K 25m AD 	2x	200m	-	20s	
6	Regeneration	<ul style="list-style-type: none"> 25m K 3er-Atmung 25m K 5er-Atmung 	3x	150m	-		
7	Ausschwimmen	<ul style="list-style-type: none"> 150m beliebig 	1x	150m	-	-	beliebig

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#	Ziel	Programmeinheit	Wiederholung	2400m	Tools	Pause	Bemerkung
1	Einschwimmen	<ul style="list-style-type: none"> 150m beliebig 	1x	150m	-	-	Locker schwimmen, Muskeln aufwärmen
2	Kraul	<ul style="list-style-type: none"> 50m K Beine (Brett) 100m K Arme (Pullbuoy) 100m K komplett 	2x	500m	Brett Pullbuoy -	20s	
3	Brust	<ul style="list-style-type: none"> 50m B Beine (Brett) 100m B Arme (Pullbuoy) 100m B komplett 	2x	500m	Brett Pullbuoy -	20s	
4	Rücken	<ul style="list-style-type: none"> 50m R Beine (Brett) 100m R Arme (Pullbuoy) 100m R komplett 	2x	500m	Brett Pullbuoy -	20s	
5	Lagen	<ul style="list-style-type: none"> 4x100m Lagen (D, R, B, K) 	4x	400m	-	20s	
6	Regeneration	<ul style="list-style-type: none"> 50m K 3er-Atmung 50m K 5er-Atmung 	2x	200m	-		
7	Ausschwimmen	<ul style="list-style-type: none"> 150m beliebig 	1x	150m	-	-	beliebig

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K	Kraul																
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#	Ziel	Programmeinheit	Wiederholung	2800m	Tools	Pause	Bemerkung
1	Einschwimmen	<ul style="list-style-type: none"> 200m Lagen 	1x	200m	-	-	Locker schwimmen, Muskeln aufwärmen
2	Kraul	<ul style="list-style-type: none"> 50m K Beine (Brett) 100m K Arme (Pullbuoy) 150m K komplett 	2x	600m	Brett Pullbuoy -	20s	
3	Brust	<ul style="list-style-type: none"> 50m B Beine (Brett) 100m B Arme (Pullbuoy) 150m B komplett 	2x	600m	Brett Pullbuoy -	20s	
4	Rücken	<ul style="list-style-type: none"> 50m R Beine (Brett) 100m R Arme (Pullbuoy) 150m R komplett 	2x	600m	Brett Pullbuoy -	20s	
5	Lagen	<ul style="list-style-type: none"> 4x100m Lagen (D, R, B, K) 	4x	400m	-	20s	
6	Regeneration	<ul style="list-style-type: none"> 50m K 3er-Atmung 50m K 5er-Atmung 	2x	200m	-		
7	Ausschwimmen	<ul style="list-style-type: none"> 200m beliebig 	1x	200m	-	-	beliebig