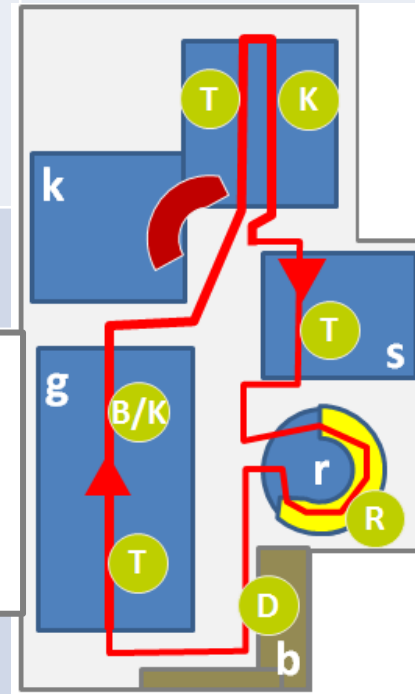


Dauer	Hilfsmittel	Schwimmbrett	Pullbuoy	Flossen	Antipaddles
60min		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

D	Delfin
K	Kraul
B	Brust
R	Rückenkraul
AD	Altdeutsch

#	Ziel	Programmeinheit	Wiederholung	1650m	Hilfsmittel	Abgang	Bemerkung
1	Einschwimmen	<ul style="list-style-type: none"> 150m beliebig 	1x	150m	-	-	locker, aufwärmen
2	Lagen	<ul style="list-style-type: none"> 25m R 25m B 25m K 25m AD 	3x	300m	-	-	
3	Delfinsprünge	<ul style="list-style-type: none"> 25m Delfinsprünge 25m beliebig 	4x	200m			
4	Parcours	<ul style="list-style-type: none"> g: 10m T / 15m B k: 15m T / 15m K s: 10m T (1 Armzug) r: hochjoggen/rutschen b: 7 Dips rückwärtig 	5x	350m	-		
5	Schwimmen / Tauchen	<ul style="list-style-type: none"> 15m B/ 10m T/ 25m AD 15m K/ 10m T/ 25m AD 	2x	400m	-		
6	Tauchen	<ul style="list-style-type: none"> 25m T 25m AD 	2x	100m	-	-	am Grund tauchen
7	Ausschwimmen	<ul style="list-style-type: none"> 150m beliebig 	1x	150m	-	-	beliebig, locker



Dauer	Hilfsmittel	Schwimmbrett	Pullbuoy	Flossen	Antipaddles		
60min		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

#	Ziel	Programmeinheit	Wiederholung	2050m	Hilfsmittel	Abgang	Bemerkung
1	Einschwimmen	<ul style="list-style-type: none"> 200m beliebig 	1x	200m	-	-	locker, aufwärmen
2	Lagen	<ul style="list-style-type: none"> 50m D (altern. R) 50m R 50m B 50m K 	3x	600m	-	-	
3	Delfinsprünge	<ul style="list-style-type: none"> 25m Delfinsprünge 25m beliebig 	4x	200m			
4	Parcours	<ul style="list-style-type: none"> g: 15m T / 10m B k: 15m T / 15m K s: 10m T (1 Armzug) r: hochjoggen/rutschen b: 10 Dips rückwärtig 	5x	350m	-		
5	Schwimmen / Tauchen	<ul style="list-style-type: none"> 15m B/ 10m T/ 25m AD 15m K/ 10m T/ 25m AD 	2x	400m	-		
6	Tauchen	<ul style="list-style-type: none"> 25m T 25m AD 	2x	100m	-	-	am Grund tauchen
7	Ausschwimmen	<ul style="list-style-type: none"> 200m beliebig 	1x	200m	-	-	beliebig, locker

D	Delfin
K	Kraul
B	Brust
R	Rückenkraul
AD	Altdeutsch

The diagram shows a 25m pool layout with various lanes and stations. A red line indicates the circuit path, starting from the right side, moving through lanes 'k', 'g', 's', 'r', 'b', and 'D'. A yellow arrow points from the 'PARCOURS' label to the circuit path.