



| Dauer | Hilfsmittel | Schw.brett | Pullbuoy | Flossen | Paddles | Antipaddles |
|-------|-------------|-----------------------------|--|--|-----------------------------|--|
| 60min | | SB <input type="checkbox"/> | PB <input checked="" type="checkbox"/> | FL <input checked="" type="checkbox"/> | PA <input type="checkbox"/> | AP <input checked="" type="checkbox"/> |

| | |
|----|-------------|
| D | Delfin |
| K | Kraul |
| B | Brust |
| R | Rückenkraul |
| AD | Altdeutsch |

| # | Ziel | Programmeinheit | Repeat | 3700m | Tools | Pause | Bemerkung | | | | | | | | | | | | | | | |
|---|--|---|--|-------|--------|-------|---|---|---|---|---|----|----|----|-----|----|----|----|-----|---|---|--|
| X | Einschwimmen | ▪ 200 beliebig | 1x | 200 | - | - | Locker schwimmen | | | | | | | | | | | | | | | |
| 1 | Kraul Drills (1) | ▪ 50m schleifen/ 50m norm. | 4x | 400 | AP | 20s | Antippaddles | | | | | | | | | | | | | | | |
| 2 | Kraul Drills (2) | ▪ 16 Bahnen K | 1x | 400 | PA, PB | 30s | Beine bleiben still | | | | | | | | | | | | | | | |
| 3 | 100er Flossen nur Beine, K&D im Wechsel | ▪ 50m Seitenlage links ▪ 50m Bauchlage ▪ 50m Seitenlage rechts ▪ 50m Rückenlage | 1xK 1xD 1xK 1xD | 800 | FL | 20s | Nach jedem 100er Block Schwimmart wechseln; Arme nach vorne gestreckt | | | | | | | | | | | | | | | |
| 4 | Kraul Drills (3) | ▪ 25m K ablösen vorne ▪ 25m K Achsel greifen ▪ 25m K m. OK-Zeichen ▪ 25m K m. Faust | 4x | 400 | - | 20s | Hoher Ellenbogen!  = OK-Zeichen | | | | | | | | | | | | | | | |
| 5 | Kraul Drills (4) | ▪ 16 Bahnen K | 1x | 400 | PA, PB | 30s | Beine bleiben still | | | | | | | | | | | | | | | |
| 6 | Kleine Pyramide (400) | <table border="1"> <tr> <th>#</th> <th>D</th> <th>R</th> <th>B</th> <th>K</th> <th>B</th> <th>R</th> <th>D</th> </tr> <tr> <td>m</td> <td>25</td> <td>50</td> <td>75</td> <td>100</td> <td>75</td> <td>50</td> <td>25</td> </tr> </table> | # | D | R | B | K | B | R | D | m | 25 | 50 | 75 | 100 | 75 | 50 | 25 | 400 | - | - | |
| # | D | R | B | K | B | R | D | | | | | | | | | | | | | | | |
| m | 25 | 50 | 75 | 100 | 75 | 50 | 25 | | | | | | | | | | | | | | | |
| 7 | Krauls Drills (5) | ▪ 50m 3er/50m 5er Atmung | 2x | 200 | PB | 20s | - | | | | | | | | | | | | | | | |
| 8 | Tauchen | ▪ 25m T, 25m beliebig | 6x | 300 | FL | 20s | | | | | | | | | | | | | | | | |
| x | Ausschwimmen | ▪ 200m beliebig | 1x | 200 | - | - | beliebig | | | | | | | | | | | | | | | |

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|-------|-------------|-----------------------------|--|--|-----------------------------|--|
| 60min | | SB <input type="checkbox"/> | PB <input checked="" type="checkbox"/> | FL <input checked="" type="checkbox"/> | PA <input type="checkbox"/> | AP <input checked="" type="checkbox"/> |

| | |
|----|-------------|
| D | Delfin |
| K | Kraul |
| B | Brust |
| R | Rückenkraul |
| AD | Altdeutsch |

| # | Ziel | Programmeinheit | Repeat | 4300m | Tools | Pause | Bemerkung | | | | | | |
|---|--|--|--|----------|----------|----------|---|----------|---------|-----|---|---|--|
| X | Einschwimmen | ▪ 200 beliebig | 1x | 200 | - | - | Locker schwimmen | | | | | | |
| 1 | Kraul Drills (1) | ▪ 50m schleifen/ 50m norm. | 4x | 400 | AP | 20s | - | | | | | | |
| 2 | Kraul Drills (2) | ▪ 20 Bahnen K | 1x | 500 | PA, PB | 30s | Beine bleiben still | | | | | | |
| 3 | 100er Flossen nur Beine, K&D im Wechsel | ▪ 50m Seitenlage links ▪ 50m Bauchlage ▪ 50m Seitenlage rechts ▪ 50m Rückenlage | 1xK 1xD 1xK 1xD | 800 | FL | 20s | Nach jedem 100er Block Schwimmart wechseln; Arme nach vorne gestreckt | | | | | | |
| 4 | Kraul Drills (3) | ▪ 25m K ablösen vorne ▪ 25m K Achsel greifen ▪ 25m K m. OK-Zeichen ▪ 25m K m. Faust | 4x | 400 | - | 20s | Hoher Ellenbogen!  = OK-Zeichen | | | | | | |
| 5 | Kraul Drills (4) | ▪ 20 Bahnen K | 1x | 500 | PA, PB | 30s | Beine bleiben still | | | | | | |
| 6 | Grosse Pyramide (400) | # m | D 50 | R 100 | B 150 | K 200 | B 150 | R 100 | D 50 | 800 | - | - | |
| 7 | Krauls Drills (5) | ▪ 50m 3er/50m 5er Atmung | 2x | 200 | PB | 20s | - | | | | | | |
| 8 | Tauchen | ▪ 25m T, 25m beliebig | 6x | 300 | FL | 20s | | | | | | | |
| x | Ausschwimmen | ▪ 200m beliebig | 1x | 200 | - | - | beliebig | | | | | | |