

Training: 23

Totaal: 2775

Lianne Romy Remco Loïs

Inzwemmen:(1200)

200 SNK

100 Wissel

4x25 Techniek oefening RC/BC

100 Armen (Remco Loïs RC) (Lianne Romy BC)

200 Wissel

100 Benen (Remco Loïs RC) (Lianne Romy BC)

4x25 techniek oefening RC/BC

200 SNK

Tempo: 70%

Rust: 20 sec

K1:(1375 A2 A3)

11x125 rust 30 sec

125 70%

100 70% 25 90%

75 70% 50 90%

50 70% 75 90%

25 70% 100 90%

125 90%

100 90% 25 70%

75 90% 50 70%

50 90% 75 70%

25 100% 100 70%

125 70%

Uitzwemmen: (200)

Tempo: 70%

Rust: 20 sec