

Training KZT 44

Totaal: 5000

Inzwemmen:(800)

200 SNK
100 BC 1op7 ademen
100 BC armen benen gekruist
100 BC lange slag, gebruik zo min mogelijk benen
100 BC
4x50 Wrikken na keuze
200 SNK

Tempo: 70%

Rust: 20 sec

K1:(4000 A1)

5x (200 – 400 – 200)

1.400 BC 70% --- 800 BC 70% --- 400 SNK 70%
2.400 geen BC 70% --- 800 BC 70%-80% --- 400 SNK 80%
3.400 BC 70% --- 800 BC 80% --- 400 SNK 80%
4.400 BC 80% --- 800 BC 80%- 90% --- 400 SNK 70%
5.400 BC 90% --- 800 BC 90% --- 400 SNK 70%

Rust na 200 30 sec
Rust na 400 20 sec
Rust na 200 1 min

Uitzwemmen: (200)

200 SNK

Tempo: 70%

Rust: 20 sec