

Plan Gruppe 1+2

ES

300 Kr locker
2*50 KrBe P10s
300 KrArPb
2*50 Pb (10 scullen, 40 locker) P10s

*Brett
Pullbuoy/Pullkick
Pullbuoy/Pullkick*

VS

4*50 Kr Tempo 400 Zielzeit @1:00
200 locker

HS

400 Kr max
100-200 locker +5-8min. Pause
200 Kr max
200 locker

AS

nach Zeit vor Ort!

Plan Gruppe 3+4

ES

200 Kr locker [Gr4 = 100]
2*50 KrBe[Fn] P10s
200 KrArPb [Gr4 = 100]
2*50 ArPb 3er P10s

*Brett + [Gr4 Flossen]
Pullbuoy/Pullkick
Pullbuoy/Pullkick*

VS

4*50 Kr Tempo 400 Zielzeit P10s [Gr4 = 2*]
100-200 locker

HS

400 Kr max
100-200 locker +5-8min. Pause
100 Kr max
100 locker

AS

nach Zeit vor Ort!