

Bahn 1 Mi, 01. August 2007

400 ES

4 x 50 Lagen

4 x 100 25 Beine, 75 ganze Lage

100 locker

8 x 200 25 ohne Atmen, 175 ganze Lage

100 locker

4 x 100 25 Arme, 75 ganze Lage

4 x 50 Lagen

200 AS

3600

Bahn 2 Mi, 01. August 2007

400 ES

4 x 50 Lagen

4 x 100 25 Beine, 75 ganze Lage

100 locker

6 x 200 25 ohne Atmen, 175 ganze Lage

100 locker

4 x 100 25 Arme, 75 ganze Lage

4 x 50 Lagen

200 AS

3200

Bahn 3 Mi, 01. August 2007

400 ES

4 x 50 Lagen

3 x 100 25 Beine, 75 ganze Lage

100 locker

5 x 200 25 ohne Atmen, 175 ganze Lage

100 locker

3 x 100 25 Arme, 75 ganze Lage

4 x 50 Lagen

200 AS

2800

Bahn 1 Sa, 04. August 2007

400 ES

7 x 200 Kraul Start 03:30

100 locker

8 x 25 Atemnot Sprints; Pause: 25 Sec

100 locker

8 x 150 50 Kraul, 50 Brust, 50 Kraul; Pause: 30 Sec

200 AS

3600

Bahn 2 Sa, 04. August 2007

400 ES

6 x 200 Kraul Start 03:50

100 locker

8 x 25 Atemnot Sprints; Pause: 25 Sec

100 locker

8 x 150 50 Kraul, 50 Brust, 50 Kraul; Pause: 30 Sec

200 AS

3400

Bahn 3 Sa, 04. August 2007

400 ES

5 x 200 Kraul Start 03:50

100 locker

8 x 25 Atemnot Sprints; Pause: 25 Sec

100 locker

8 x 150 50 Kraul, 50 Brust, 50 Kraul; Pause: 30 Sec

200 AS

3200

Bahn 1 Di, 07. August 2007

400 ES

8 x 100 Kraul; alle 2:00

100 locker

4 x 300 (25 Beine; 50 Arme; 75 gesamt)*2

Pause: 40 Sec

100 locker

8 x 100 Kraul; alle 1:40

200 AS

3600

Bahn 2 Di, 07. August 2007

400 ES

7 x 100 Kraul; Pause: 40 Sec

100 locker

4 x 300 (25 Beine; 50 Arme; 75 gesamt)*2

Pause: 40 Sec

100 locker

7 x 100 Kraul; Pause: 15 Sec

200 AS

3400

Bahn 3 Di, 07. August 2007

400 ES

7 x 100 Kraul; Pause: 40 Sec

100 locker

3 x 300 (25 Beine; 50 Arme; 75 gesamt)*2

Pause: 40 Sec

100 locker

7 x 100 Kraul; Pause: 15 Sec

200 AS

3100

Bahn 1 Sa, 11. August 2007

400 ES

6 x 200 Kraul Start 03:30

100 locker

6 x 150 100 Lagen + 50 Kraul P 40 Sec

100 locker

6 x 125 100 Kraul gesteigert + 25 Sprint

P 5 Sec + 30 Sec

200 AS

3650

Bahn 2 Sa, 11. August 2007

400 ES

5 x 200 Kraul Start 03:45

100 locker

5 x 150 100 Lagen + 50 Kraul P 40 Sec

100 locker

6 x 125 100 Kraul gesteigert + 25 Sprint

P 5 Sec + 30 Sec

200 AS

3300

Bahn 3 Sa, 11. August 2007

400 ES

5 x 200 Kraul Start 03:55

100 locker

4 x 150 100 Lagen + 50 Kraul P 40 Sec

100 locker

5 x 125 100 Kraul gesteigert + 25 Sprint

P 5 Sec + 30 Sec

225 AS

3050

Bahn 1 Di, 14. August 2007

400 ES
8 x 100 Kraul; alle 2:00
100 locker
800 50 3 er Zug; 100 4 er Zug; 150 5 er Zug
200 6+ er Zug
150 5 er Zug; 100 4 er Zug; 50 3 er Zug
100 locker
10 x 50 Kraul; alle 1:15
100 locker
10 x 50 Kraul; alle 0:50 - 0:55
200 AS

3500

Bahn 2 Di, 14. August 2007

400 ES
7 x 100 Kraul; P: 30 Sec
100 locker
800 50 3 er Zug; 100 4 er Zug; 150 5 er Zug
200 6+ er Zug
150 5 er Zug; 100 4 er Zug; 50 3 er Zug
100 locker
8 x 50 Kraul Sprint; Pause: 40 Sec
100 locker
8 x 50 Kraul; Pause: 10 - 15 Sec
200 AS

3200

Bahn 3 Di, 14. August 2007

400 ES
6 x 100 Kraul; P: 30 Sec
100 locker
800 50 3 er Zug; 100 4 er Zug; 150 5 er Zug
200 6+ er Zug
150 5 er Zug; 100 4 er Zug; 50 3 er Zug
100 locker
8 x 50 Kraul Sprint; Pause: 40 Sec
100 locker
8 x 50 Kraul; Pause: 10 - 15 Sec
200 AS

3100

Bahn 1 Mi, 15. August 2007

400 ES

8 x 100 Kraul; alle 2:00

100 locker

150 100 Kraul + 50 Delphin

250 200 Kraul + 50 Rücken

350 300 Kraul + 50 Brust

350 50 Delphin + 300 Kraul

250 50 Rücken + 200 Kraul

150 50 Brust + 100 Kraul

100 locker

6 x 50 25 Tauchen, 25 locker

200 AS

} P 30 Sec

3400

Bahn 2 Mi, 15. August 2007

400 ES

6 x 100 Kraul P 30 Sec

100 locker

150 100 Kraul + 50 Delphin

250 200 Kraul + 50 Rücken

350 300 Kraul + 50 Brust

350 50 Delphin + 300 Kraul

250 50 Rücken + 200 Kraul

150 50 Brust + 100 Kraul

100 locker

4 x 50 25 Tauchen, 25 locker

200 AS

} P 30 Sec

3100

Bahn 3 Mi, 15. August 2007

400 ES

6 x 100 Kraul P 30 Sec

100 locker

150 100 Kraul + 50 Delphin

250 200 Kraul + 50 Rücken

350 300 Kraul + 50 Brust

350 50 Delphin + 300 Kraul

250 50 Rücken + 200 Kraul

150 50 Brust + 100 Kraul

100 locker

200 AS

} P 30 Sec

2900

Bahn 1 Sa, 18. August 2007

400 ES
8 x 200 Kraul Start 03:30
100 locker
5 x 50 Lagen P 30 Sec
50 locker
12 x 75 25 Kraul, 25 ohne Atmen, 25 Kraul P 30 Sec
200 AS

3500

Bahn 2 Sa, 18. August 2007

400 ES
7 x 200 Kraul Start 03:50
100 locker
4 x 50 Lagen P 30 Sec
100 locker
12 x 75 25 Kraul, 25 ohne Atmen, 25 Kraul P 30 Sec
200 AS

3300

Bahn 3 Sa, 18. August 2007

400 ES
6 x 200 Kraul Start 03:50
100 locker
4 x 50 Lagen P 30 Sec
100 locker
12 x 75 25 Kraul, 25 ohne Atmen, 25 Kraul P 30 Sec
200 AS

3100

Bahn 1 Di, 21. August 2007

400 ES

8 x 100 Kraul Start 2:00

100 locker

4 x 200 50 Lagen + 150 Kraul P 30 Sec

100 locker

2 x 400 (100 "normal", 100 gesteigert) x 2 P 30 Sec

100 locker

4 x 50 Lagen Sprint P 20 Sec

200 AS

3500

Bahn 2 Di, 21. August 2007

400 ES

8 x 100 Kraul P 30 Sec

100 locker

4 x 200 25 Lagen + 175 Kraul P 30 Sec

100 locker

2 x 400 (100 "normal", 100 gesteigert) x 2 P 30 Sec

200 AS

3200

Bahn 3 Di, 21. August 2007

400 ES

6 x 100 Kraul P 30 Sec

100 locker

3 x 200 25 Lagen + 175 Kraul P 30 Sec

100 locker

2 x 400 (100 "normal", 100 gesteigert) x 2 P 30 Sec

200 AS

2800

Bahn 1 Di, 28. August 2007

400 ES

5 x 200 Kraul P 30 Sec

100 locker

2 x 800 1. (175 Kraul + 25 andere Lage) x 4

2. (175 Kraul + 25 Sprint) x 4

200 AS

3300

Bahn 2 Di, 28. August 2007

400 ES

4 x 200 Kraul P 30 Sec

100 locker

2 x 800 1. (175 Kraul + 25 andere Lage) x 4

2. (175 Kraul + 25 Sprint) x 4

200 AS

3100

Bahn 3 Di, 28. August 2007

400 ES

4 x 200 Kraul P 30 Sec

100 locker

2 x 600 1. (175 Kraul + 25 andere Lage) x 3

2. (175 Kraul + 25 Sprint) x 3

200 AS

2700