

**Umfang:** 2.500m

**Woche/TE:** 6.1

**Schwerpunkt:** Grundlagenausdauer mit Focus Atmung



| Umfang                             | Inhalt / Ausführung                      | Teilstrecke    | Intensität | Bereich                   | Ziel-Zeit | Pace |
|------------------------------------|------------------------------------------|----------------|------------|---------------------------|-----------|------|
| <b>Warm-up</b>                     |                                          |                |            |                           |           |      |
| 200m                               | locker Einschwimmen                      |                | 80%        | GA1                       |           |      |
| <b>Grundlagenausdauer</b>          |                                          |                |            |                           |           |      |
| ruhiges Tempo mit Focus auf Atmung |                                          |                |            |                           |           |      |
| 600m                               | KPb locker je 50m 2l,3,2r und 5          |                |            |                           |           |      |
| 200m                               | 4x 50K flott +0:20 locker bleiben        | 50m            | 90%        | GA2                       | 00:39,9   |      |
| 600m                               | KPb locker je 50m 2-6 und 2              |                |            |                           |           |      |
| 200m                               | 4x 50K flott +0:20 locker bleiben        |                |            |                           |           |      |
| 600m                               | KPb ganz laaansam steigern von 100m 0:03 |                |            |                           |           |      |
|                                    | 100m 1:35                                |                |            |                           |           |      |
|                                    | 100m 1:32                                |                |            |                           |           |      |
|                                    | 100m 1:29                                |                |            |                           |           |      |
|                                    | 100m 1:26                                |                |            |                           |           |      |
|                                    | 100m 1:23                                |                |            |                           |           |      |
|                                    | 100m 1:20                                |                |            |                           |           |      |
|                                    | Ziel Gesamtzeit 8:45                     |                |            |                           |           |      |
| <b>Cool-down</b>                   |                                          |                |            |                           |           |      |
| 100m                               | lockeres Aussschwimmen                   |                | 80%        | GA1                       |           |      |
| <b>2.500m Gesamtumfang</b>         |                                          | <b>0m Bahn</b> |            | <b>400m Zeit: 05:51,0</b> |           |      |

Umfang: 3.700m

Woche/TE: 6.2

Schwerpunkt: Broken 400er obere Komfortzone



| Umfang        | Inhalt / Ausführung                       | Teilstrecke | Intensität  | Bereich     | Ziel-Zeit            | Pace    |
|---------------|-------------------------------------------|-------------|-------------|-------------|----------------------|---------|
|               | <b>Warm-up</b>                            |             |             |             |                      |         |
| 200m          | locker Einschwimmen                       |             | 75%         | REKOM       |                      |         |
| 400m          | 8x 50m Technik & Lagen-Mix Flossen        |             |             |             |                      |         |
|               | <b>Entwicklung Grundlagenausdauer</b>     |             |             |             |                      |         |
| 2.000m        | 4x 400 obere Komfortzone + 100 REKOM      |             |             |             |                      |         |
|               | 75K +30"                                  | 75m         | 90%         | GA2         | 01:06,2              |         |
|               | 50K +20"                                  | 50m         | 90%         | GA2         | 00:39,9              |         |
|               | 50K +20"                                  | 50m         | 90%         | GA2         | 00:39,9              |         |
|               | 25K +10"                                  | 25m         | 90%         | GA2         | #NV                  |         |
|               | 150KPb locker +10"                        | 150m        | 87%         | GA1/2       | 02:20,4              | 01:33,6 |
|               | 50KPb flott                               | 50m         | 92%         | GA2         | 00:39,1              |         |
|               | 100REKOM                                  |             | 75%         | REKOM       |                      |         |
|               | <b>Lockere Grundlagenausdauer</b>         |             |             |             |                      |         |
| 1.000m        | 50RK => 50K => 50B => 50K => 50RKalt [4x] |             |             |             |                      |         |
|               | <b>Cool-down</b>                          |             |             |             |                      |         |
| 100m          | lockeres Aussschwimmen                    |             | 75%         | REKOM       |                      |         |
| <b>3.700m</b> | <b>Gesamtumfang</b>                       | <b>0m</b>   | <b>Bahn</b> | <b>400m</b> | <b>Zeit: 05:51,0</b> |         |

Umfang: **2.400m**

Woche/TE: **6.3**

Schwerpunkt: **Grundlagenausdauer mit Tempospitzen**



| Umfang        | Inhalt / Ausführung                                     | Teilstrecke    | Intensität | Bereich      | Ziel-Zeit                 | Pace |
|---------------|---------------------------------------------------------|----------------|------------|--------------|---------------------------|------|
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               | <b>Warm-up</b>                                          |                |            |              |                           |      |
| <b>200m</b>   | <b>ruhiges Einschwimmen</b>                             |                |            |              |                           |      |
| <b>400m</b>   | <b>8x 50 Technik</b>                                    |                |            |              |                           |      |
| <b>400m</b>   | <b>8x 25K Steigerung zurück locker B</b>                |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               | <b>Grundlagenausdauer Pyramide</b>                      |                |            |              |                           |      |
| <b>50m</b>    | <b>K7</b>                                               |                |            |              |                           |      |
| <b>100m</b>   | <b>Lokomotive langsam-flott je 25m</b>                  |                |            |              |                           |      |
| <b>150m</b>   | <b>25RK-25K-25B 2x</b>                                  |                |            |              |                           |      |
| <b>200m</b>   | <b>K lockeres Tempo nach jeder Wende 2 Züge D</b>       |                |            |              |                           |      |
| <b>250m</b>   | <b>50RK =&gt; 50K =&gt; 50B =&gt; 50K =&gt; 50RKalt</b> |                |            |              |                           |      |
| <b>200m</b>   | <b>K lockeres Tempo nach jeder Wende 2 Züge D</b>       |                |            |              |                           |      |
| <b>150m</b>   | <b>25RK-25K-25B 2x</b>                                  |                |            |              |                           |      |
| <b>100m</b>   | <b>Lokomotive langsam-flott je 25m</b>                  |                |            |              |                           |      |
| <b>50m</b>    | <b>K7</b>                                               |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               | <b>Cool-down</b>                                        |                |            |              |                           |      |
| <b>150m</b>   | <b>lockeres Aussschwimmen</b>                           |                | <b>75%</b> | <b>REKOM</b> |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
|               |                                                         |                |            |              |                           |      |
| <b>2.400m</b> | <b>Gesamtumfang</b>                                     | <b>0m Bahn</b> |            |              | <b>400m Zeit: 05:51,0</b> |      |