

Henkelmann Bezirkskader 1/07

Training Jahrgänge 1994/95 5/01/02

Vormittag

ES	400m K (2er-3er-4er)		
	400m K (a-b-gl)	800	16
HT	12x15m max + reco auf 50m @1:45 (1.-6. K, 7.-12. HSA (K=NSA1))	600	40
	6x300m G1 (100K-50Kb-100L-50Lgfb ohne K) Pause 20	1.800	63
	100m reco	100	66
	4x400m K G1 @6:30	1.600	
	4x200m HSA G1 Pause 15 (K/S=NSA1)	800	110
AS	300m (50Ralt-5Obel)x3	300	120

6.000m

Nachmittag

AS	600m (200K-200TÜ-200K)	600	9
	8x25RTÜ + reco auf 50m @1:30	200	21
HT	4x100m Kb G1 @2:15	400	29
	4x200m K Steigerung 1.-4. G2 @4:30	800	45
	100m reco	100	48
	200m HSA (a-b-gl) (K/S=NSA1)		
	200m HSA Fahrtspiel (K/S=NSA1)	400	56
	4x100m HSAb G1 @2:15 (K/S=NSA1)	400	65
	4x200m HSA Steigerung 1.-4. G2 @5:00 (K/S=NSA1)	800	85
AS	800m (75K-25TÜ (8 Verschiedene))x8	800	120

4.500m

ges 10.500m