

Jugendmannschaft

Schwimmclub Herzogenbuchsee

| Block | Abgang | Pause | Beschreibung | Distanz | Total |
|--------------|--------------|-------|---|---------|-------------|
| 600m | | | Frei | 600 | 600 |
| 4x50m | | 20" | Kick, 1 pro Lage, ohne Brett | 200 | 800 |
| 4x50m | | 15" | 1. Lage, 2 Übungen | 200 | 1000 |
| 4x50m | 1'15" – 1'30 | | 2x 25/35m Sprint, Rest locker, 1. + 2. Lage | 200 | 1200 |
| 8x100m | | | Cr Swim E2 – S: | 800 | 2000 |
| | | 30" | 1.+2. | | |
| | | 20" | 3.+4. | | |
| | | 15" | 5.+6. | | |
| | | 10" | 7.+8. | | |
| 200m | | | 100m Sculling 100m Free | 200 | 2200 |
| Total | | | | | 2200 |