



Triathlon Langdistanz Camp I 1. Woche

16.03. - 22.03.2025

	SONNTAG 16.03.25	MONTAG 17.03.25	DIENSTAG 18.03.25	MITTWOCH 19.03.25	DONNERSTAG 20.03.25	FREITAG 21.03.25	SAMSTAG 22.03.25
07:00-08:00			RUN I 8Km Grundlage I ABC		RUN I 10Km Grundlage		
08:00-09:00							
09:00-10:00							
10:00-11:00		SWIM I 3c I Pool Technik/Video	SWIM I 9b I Pool KA Paddles small	SWIM 2K I Openwater Neo I Boje	SWIM I 7c I Pool GA2 Intervall short	BIKE GA1 Longride	BIKE GA1 I 20 Km I warm up
11:00-12:00						5h-6h 125KM I 2400Hm	RUN I Bahn Pollentia GA2 Intervalle
12:00-13:00		BIKE lockeres einrollen	BIKE HIT		BIKE KA	Soller	BIKE GA1 I 40 Km locker kurbeln
13:00-14:00		Trittfrequenz Fahrsicherheit	kreiseln 3x10Min GA2 flat		3h I 96 Km I 1250 Hm Formentor		
14:00-15:00		3h I 75 Km I 340 Hm	4h I 110 Km I 750 Hm				
15:00-16:00						RUN I 8-10 Km GA1 I Koppellauf	
16:00-17:00		Athletics I Stretching			Athletics I Stretching		SWIM -2b I Pool GA1
17:00-18:00	Aloha! Come together			Triathlonwissen			



Triathlon Langdistanz Camp | 2. Woche

23.03. - 29.03.2025

	SONNTAG 23.03.25	MONTAG 24.03.25	DIENSTAG 25.03.25	MITTWOCH 26.03.25	DONNERSTAG 27.03.25	FREITAG 28.03.25	SAMSTAG 29.03.25
07:00-08:00		RUN 10 Km Grundlage ABC					RUN 10 Km Grundlage
08:00-09:00							
09:00-10:00							
10:00-11:00		SWIM 3c Pool Technik/Video		SWIM Pool 10b KA Paddles	SWIM 7c Pool GA2 Intervall long	BIKE GA1 Longride 5-6h 150Km Berge	SWIM 2K Openwater Neo Boje
11:00-12:00			BIKE GA1 KA1 Longride 5h 130 Km Berge Sa Calobra	BIKE GA1 20 Km warm up		Königsetappe	
12:00-13:00		BIKE HIT GA2 flach 3x15Min		RUN Bahn Pollentia GA2 Intervalle			
13:00-14:00				BIKE GA1 40 Km locker kurbeln			BIKE ausrollen flach 3h
14:00-15:00							
15:00-16:00							
16:00-17:00		Athletics Stretching	RUN 8-10 Km GA1/2 Koppellauf progressiv		Athletics Stretching		
17:00-18:00				Triathlonwissen			Mahalo! Verabschiedung