

SCHEMA 1: START TO SWIM



Doelstellingen schema 1:

1. Zwem 250 m zonder stoppen !
2. Behaal je trimbrevet van 5000 meter !

	Training 1		Training 2		Weektotaal
WEEK 1	2x (4 x 12,5m + 2 x 12,5m (plankje))	150	3x(2x12,5m + 2 x 12,5m (plankje))	150	300
WEEK 2	4x12,5m + 2x 25m + 2x 12,5m (plankje) + 2x25m	175	8x12,5m + 2x 25m + 25m (plankje)	175	350
WEEK 3	3x (4x12,5m + 2x12,5m (plankje))	225	10 x 12,5m + 3x 25m	200	425
WEEK 4	2x (2x 12,5m + 3 x 25m) + 25m	225	8x12,5m + 5x 25m	225	450
WEEK 5	2x(25m + 50m + 4x12,5m)	250	10 x 25m	250	500
WEEK 6	3x25m + 2x(50m+25m) + 25m (slag naar keuze)	250	25m+ 3x50m + 4x25m	275	525
WEEK 7	25m + 75m + 25m + 50m + 25m + 75m	275	9x25m + 50m	275	550
WEEK 8	2x75m + 6x25m	300	25m + 100m+50m+100m+25m	300	600
WEEK 9	7x50m	350	25m+50m+75m+125m+50m+25m	350	700
WEEK 10	150m + 100m + 2x50m	350	250m	250	600

5000 m gezwommen

RUSTTIJDEN

12,5m = 10" rust
 25m = 15"rust
 50m = 25"rust
 100m = 35"rust