

2007 entreno 1 | Izarraitz
Sun Dec 13 '20 - 3:00 pm 25 Meters
Default interval: 2:00 per 100

200 K
100 K pull
200 Bi
100 H NB
4x50 tek X
100 rem (pull-tubo)
200 (25 H 25 N) X
100 X (alderantziz)

2x
4x25@00:35 T
100 Bi
2x50@1:10 Bu
100 K
100 X
2x100 Ael NB

2x
2x50@00:55 pull-palitak snk Br Min
100 snk c/25 brazada gutxiago

100 su

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Sun Dec 13 '20 - 3:00 pm 25 Meters
Default interval: 2:00 per 100

200 K
100 K pull
200 Bi
100 H NB
4x50 tek X
100 rem (pull-tubo)
200 (25 H 25 N) X
100 X (alderantziz)

4x25@00:35 T
100 Bi
2x50@1:10 Bu
100 K
100 X
4x100 Ael 1 K 1 Bi

2x
2x50@00:55 pull-palitak snk Br Min
100 snk c/25 brazada gutxiago

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Sun Dec 13 '20 - 3:00 pm 25 Meters
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200 K

100 H NB

2x100 Bi

4x50 tek X (T Barrutik Bi Gora behera Bu 2-1 K Beso 1)

100 X alderantziz

2x

100 K arns 3

2x50 K (25 normal 25 besoak normal hankak fuerte)

100 Bi sub 4

4x25 Estilos

100 NB

2007 entreno 2 | Izarraitz
Mon Dec 14 '20 - 3:00 pm 25 Meters
Default interval: 2:00 per 100

300 100 K 50 Bi
4x150@2:30 100 pull 50 H 1-4
4x100 25 H 50 tek 25 Br Min

2x
2x25 ondulatzen
100 H K
200 pull arns 3-5-3-5

2x Aletak
2x25 sub
100 H Bi
200 Ael NB

8x50 regresibo

2008 entreno 2 | Izarraitz
Mon Dec 14 '20 - 3:00 pm 25 Meters
Default interval: 2:00 per 100

300 100 K 50 Bi
2x150 100 pull 50 H
4x100 25 H 50 tek 25 Br Min (1 K 1 Bi)

2x
 2x25 ondulatzen
 100 H K
 200 pull arns 3-5-3-5

2x Aletak
 2x25 sub
 100 H Bi
 200 Ael NB

4x50 regresibo (1 p25-26 2 Ael 1 su)

2009 entrenos 2 | Izarraitz
Mon Dec 14 '20 - 3:00 pm 25 Meters
Default interval: 2:00 per 100

100 K

50 Bi

100 K

50 H

4x100 1 K 1 Bi (25H 50 beso 1 25 N)

50 H T

100 Bi

50 Bu

100 H K

2x

50 K (Banderin tartean sprint)

100 Bi

4x50 1 K 1 Bi

100 NB