

2007 entreno 1 | Izarraitz  
Sun Dec 27 '20 - 9:00 am 25 Meters  
Default interval: 2:00 per 100

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300 NB

300 50 Pull 50 H

4x100 X 25 H 50 tek 25 Br Min

3x

75@1:15 K edo Bi p25-26

50@1:00 K 1-3

25@00:30 T/Bi/ Bu Min-max

100 su

4x100@1:40 K p25-26

2x50@1:00 T Bi c/25

100X

100 Ael arns 3-5

3x100@1:40 K p25-26

2x50@1:00 Bi - Bu c/25

100X

100 Ael Arns 3-5-3-7

4x100 K snk 1 25 beso 1 25 N 1) Br Min

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300 100 K 50 Bi  
300 50 pull 50 H  
4x100 X 25 H 50 Beso 1 25 N

4x  
4x25@00:40 T / Bi / Bu / K Br Min sub luze  
100 Bi Ael  
100/15" X

6x50 pull palitak snk Br Min

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4x100 1 K 1 Bi

4x100 X 25 H 25 Beso 1 25 beste besoa 25 N

8x25/20" X (sub Banderinak pasatzen)

100 Bi Ael sub 4

100/15" X

4x50 1) K 1) Bi 1) H 1) Nahi den estiloan

100 NB

2007 entreno 2 | Izarraitz  
Mon Dec 28 '20 - 9:00 am 25 Meters  
Default interval: 2:00 per 100

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4x

200 K / Bi / tek(50) / Br Min  
100 H NB / X / Rem / Prog c/25

3x

100@1:45 Hasiera Giro LL spr  
50@1:00 Giroa + 3 ziklo spr (sub luze max dist)

100 su

2x

4x50@1:00 1) 3 ziklo spr 3 ziklo su 1) 4 arnas 1) sub 10-15m + 25 spr max fr 1) Ael NB  
2x50 BE 25 spr 25 su  
100 Bi sub 4

600 Aletak (100 K edo Bi 50 H NB)

2008 entreno 2 | Izarraitz  
Mon Dec 28 '20 - 9:00 am 25 Meters  
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400 100 K 100 Bi  
4x100 1) Pull 1) H X

6x50 tek K (2 beso 1 2 PM 2 Beso 1 ur azp 1 kanpotik)  
2x100 K Br Min

2x  
2x100@2:15 H K  
3x50@1:00 Pull Br Min

2x Aletak  
2x25 sub  
50 H NB

6x50 regresibo

2009 entreno 2 | Izarraitz  
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100 K

50 Bi

100 K

50 Bu

3x100 50 K 50 H X (T/ Bi/ Bu)

6x50 tek K (2) beso 1 2) PM 2) 6-3-6)

100 K Br Min

100/30" H K

3x50/20" Bi sub 4

100 H K

2x100 1) Nahi den estiloan 1) NB