

24 Aug 2019 Sat 07:00 - 07:51 (51 mins)

Group: YÜZME ANTRENMAN GRUBU - AERO 1

Distance: 2500 SCM

! 10 DAKİKA KARA ISINMASI

1:00 ★ KULVAR BAŞINDA HAZIR! 07:00

SET

5 x 200 SERBEST @ 03:45 07:01
1000

5 x 150 SERBEST @ 03:00 07:19
750/1750

5 x 100 SERBEST @ 02:10 07:34
500/2250

5 x 50 SERBEST @ 01:00 07:45
250/2500

24 Aug 2019 Sat 07:00 - 07:59 (59 mins)

Group: YÜZME ANTRENMAN GRUBU - AERO 2

Distance: 2000 SCM

! 10 DAKİKA KARA ISINMASI

1:00 ★ KULVAR BAŞINDA HAZIR! 07:00

SET

4 x 200 SERBEST @ 05:30 07:01
800

4 x 150 SERBEST @ 04:30 07:23
600/1400

4 x 100 SERBEST @ 03:00 07:41
400/1800

4 x 50 SERBEST @ 01:30 07:53
200/2000

24 Aug 2019 Sat 07:00 - 07:52 (52 mins)

Group: YÜZME ANTRENMAN GRUBU - AERO 3

Distance: 1000 SCM

! 10 DAKİKA KARA ISINMASI

1:00 ★ KULVAR BAŞINDA HAZIR! 07:00

SET

4 x 100 SERBEST @ 05:00 07:01
400

4 x 75 SERBEST @ 03:30 07:21
300/700

4 x 50 SERBEST @ 02:45 07:35
200/900

4 x 25 SERBEST @ 01:30 07:46
100/1000
