

# P10

30 MIN.

8 x 3 min., 75-85 % of max. / 1 min.  
 rest between each interval  
 Change technique each minute  
 Important to follow recommended strokes/min.

3  
 DIFFICULTY  
 LEVEL



Interval no



Resistance



Technique



Strokes/min.

3 MIN.	BASIC	INTERMEDIATE	ADVANCED	1 MIN.	1 MIN.	1 MIN.	1 MIN.	1 MIN.	1 MIN.
1	1-2	3-5	5-7	DP	DIA	1LEG	40	80	40
2	1-2	3-5	5-7	1LEG	DP	1LEG	45	50	45
3	1-2	3-5	5-7	WALK	DIA	JUMP1	45	90	50
4	2-3	4-6	6-8	DP	JUMP1	DP	50	40	50
5	2-3	3-5	5-7	1LEG	DIA	1LEG	45	80	45
6	2-3	3-5	5-7	WALK	DP	JUMP2	40	50	40
7	3-5	5-7	7-9	DP	JUMP1	DP	40	50	60
8	3-5	5-7	7-9	DP	DP	DP	40	50	60

# TECHNIQUE

## ABBREVIATIONS OF EXERCISES



**DP**

Double poling



**DIA**

Diagonal poling



**1LEG**

Double poling on 1 leg,  
change leg each 30 sec



**WALK**

Double poling on 1 leg,  
change leg each stroke



**JUMP1**

Double poling on 1 leg,  
jump from leg to leg



**JUMP2**

Double poling,  
jump with both legs