

P3

15 MIN.

10 x 1 min. / 30 sec. rest between each interval

Change technique each 30 SEC.

1

DIFFICULTY
LEVEL



1
2
3

Interval no



Resistance



Technique



Strokes/min.

1 MIN.	BASIC	INTERMEDIATE	ADVANCED	30 SEC.	30 SEC.	30 SEC.	30 SEC.
1	1-2	3-5	5-7	DP	DIA	40-50	80-90
2	1-2	3-5	5-7	1LEG	DP	40-50	40-50
3	1-2	3-5	5-7	1LEG	DP	40-50	40-50
4	1-2	3-5	5-7	WALK	DIA	40-50	80-90
5	1-2	3-5	5-7	1LEG	DP	40-50	40-50
6	2-3	3-5	5-7	1LEG	DP	40-50	50-60
7	1-2	3-5	5-7	DIA	DP	80-90	40-50
8	2-3	4-6	6-8	WALK	DP	40-50	50-60
9	2-3	4-6	6-8	1LEG	1LEG	40-50	40-50
10	2-4	5-7	7-9	WALK	DP	40-50	40-50

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