

# P8

10 MIN.

7 x 70 sec., 90 % of max. / 20 sec. rest between each interval  
 VO2MAX program – as fast as you can in each interval

3  
 DIFFICULTY  
 LEVEL



70 SEC.	BASIC	INTERMEDIATE	ADVANCED	Technique	Strokes/min.
1	1-2	3-5	5-7	DP	FREE
2	1-2	3-5	5-7	DP	FREE
3	1-3	3-5	5-7	DIA	FREE
4	1-3	3-5	5-7	JUMP2	FREE
5	2-4	4-6	6-8	DP	FREE
6	2-4	4-6	6-8	DP	FREE
7	1-3	3-5	5-7	JUMP2	FREE

# 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