

P9

20 MIN.

10 x 1 min., 95 % of max. / 1 min. rest between each interval
max. Heart Rate – as high heart rate as possible

3

DIFFICULTY
LEVEL



Interval no



Resistance



Technique



Strokes/min.

1 MIN.	BASIC	INTERMEDIATE	ADVANCED		
1	1-2	3-5	5-7	DP	50 +
2	1-2	3-5	5-7	DP	50 +
3	1-2	2-4	4-6	DIA	90 +
4	1-2	2-4	4-6	JUMP1	40 +
5	2-3	3-5	5-7	JUMP2	50 +
6	2-4	4-6	6-8	DP	60 +
7	2-3	3-5	5-7	DIA	100 +
8	2-4	4-6	6-8	JUMP1	50 +
9	2-3	3-5	5-7	JUMP2	50 +
10	3-4	4-6	7-9	DP	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