

A high-angle photograph of a swimming pool with several swimmers in motion. Red and white lane lines stretch across the blue water, creating a sense of depth and direction. The swimmers are positioned at various points along these lanes, their bodies partially submerged and creating splashes. The overall scene conveys a sense of active training and competition.

Ultra-Short-Race- Pace-Training

Ultra Short Race Pace Training (USRPT) ist eine Trainingsmethode im Schwimmen, die sich auf kurze Intervalle mit hoher Geschwindigkeit konzentriert.

Ultra Short Race Pace Training

Michael Brown



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