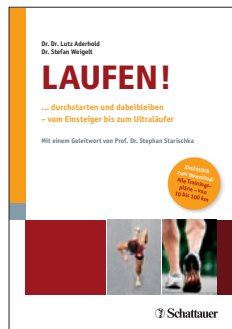


Erster 8-Wochen-Zyklus

3–4 Trainingseinheiten pro Woche, Zeitaufwand 2,5–4,5 h/Woche

Woche	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1	5 km EDL	P/AT	5 km FS	P/AT	P/AT	6 km R-EDL	P/AT
2	5 km EDL	P/AT	5 km FS	4 km RDL	P/AT	7 km R-EDL	P/AT
3	5 km EDL	P/AT	5 km FS	4 km RDL	P/AT	8 km R-EDL	P/AT
4	5 km EDL	P/AT	5 km EDL + ST	P/AT	P/AT	7 km R-EDL	P/AT
5	6 km EDL	P/AT	6 km FS	5 km RDL	P/AT	8 km R-EDL	P/AT
6	6 km EDL	P/AT	6 km FS	5 km RDL	P/AT	9 km R-EDL	P/AT
7	7 km EDL	P/AT	7 km FS	6 km RDL	P/AT	10 km R-EDL	P/AT
8	6 km EDL	P/AT	6 km EDL + ST	P/AT	P/AT	9 km E-RDL	P/AT



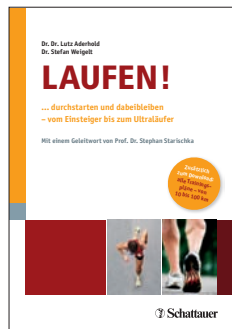
Aderhold/Weigelt: Laufen!

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Zweiter 8-Wochen-Zyklus

3–4 Trainingseinheiten pro Woche, Zeitaufwand 4,5–6 h/Woche

Woche	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1	7 km EDL	P/AT	7 km FS	6 km RDL	P/AT	10 km R-EDL	P/AT
2	8 km EDL	P/AT	8 km FS	6 km RDL	P/AT	10 km R-EDL	P/AT
3	8 km EDL	P/AT	8 km FS	6 km RDL	P/AT	12 km R-EDL	P/AT
4	7 km EDL	P/AT	7 km EDL + ST	P/AT	P/AT	10 km R-EDL	P/AT
5	8 km EDL	P/AT	8 km FS	6 km RDL	P/AT	12 km R-EDL	P/AT
6	10 km EDL	P/AT	8 km FS	6 km RDL	P/AT	14 km R-EDL	P/AT
7	10 km EDL	P/AT	10 km FS	8 km RDL	P/AT	14 km R-EDL	P/AT
8	8 km EDL	P/AT	8 km EDL + ST	P/AT	P/AT	12 km E-RDL	P/AT



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