

Rahmentrainingsplan vom 06.07. bis 30.08.2020

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-----|-----------|--|-----------|---|-----------|-----------|-----------|
| | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 72 | RDL | SP: 800 m WHL 0,4 3x(3x400/200) E + A ca. 5 km | | P: 1,4/1,2 HMRT 5/4/3 km E+A 5 Km | RDL | | RDL |
| | 10 | 12 | | 20 | 10 | | 20 |
| | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 76 | RDL | WHL 2 4x2000/800m E + A ca. 5 km | | TDL 1 10,0 km E+A 5 Km | RDL | | RDL |
| | 10 | 16 | | 15 | 10 | | 25 |
| | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 64 | RDL | WKT 3x(3x400/400)SP 800m E+A 5 Km | Pause | EDL Steinrunde E+A 5 Km | RDL | | RDL |
| | 10 | 12 | | 12 | 10 | | 20 |
| | 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 74 | RDL | 5000m-Tempo 20x200/200m E+A 5 Km | | WHL 1 7x1000/600m E+A 5 Km | RDL | | RDL |
| | 10 | 13 | | 16 | 10 | | 25 |
| | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 71 | RDL | WHL 2 4x2000/800m E + A ca. 5 km | Pause | TDL 1 10,0 km E+A 5 Km | RDL | | RDL |
| | 10 | 16 | | 15 | 10 | | 20 |
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 87 | RDL | WHL 3 3x3000/1000m E+A 5 Km | | TDL 2 15,0 km E+A 5 Km | RDL | | RDL |
| | 10 | 17 | | 20 | 10 | | 30 |
| | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 72 | RDL | EDL Steinrunde E+A 5 Km | Pause | P: 1,4/1,2 HMRT 5/4/3 km E + A ca. 5 km | RDL | | RDL |
| | 10 | 12 | | 20 | 10 | | 20 |
| | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 83 | RDL | EDL Steinrunde E+A 5 Km | | WHL 1 7x1000/600m E+A 5 Km | RDL | | RDL |
| | 10 | 12 | | 16 | 10 | | 35 |
| 599 | 74,9 | km pro Woche | | | | | |