

| Rahmentrainingsplan vom 30.11.2020 bis 24.01.2021 |        |                |          |                |         |         |                 |
|---------------------------------------------------|--------|----------------|----------|----------------|---------|---------|-----------------|
|                                                   | Montag | Dienstag       | Mittwoch | Donnerstag     | Freitag | Samstag | Sonntag         |
|                                                   | 30     | 1 WHL3         | 2        | 3 WKT          | 4       | 5       | 6               |
|                                                   | RDL    | 3x3,0/1,0 km   | EDL      | 4x1,0/0,5 km   | RDL     |         | EDL             |
| 82                                                |        | im Olympiapark |          | im Olympiapark |         |         |                 |
|                                                   |        | E+A 8 Km       |          | E+A 8 Km       |         | Pause   |                 |
| km                                                | 12     | 19             | 12       | 14             | 10      |         | 15              |
|                                                   |        |                |          |                |         |         |                 |
|                                                   | 7      | 8              | 9        | 10             | 11      | 12      | 13 RDL          |
|                                                   |        | (HMRT) 10 km   | EDL      | HMRT-Tempo     | RDL     |         | Claus Runners   |
| 66                                                |        | Mommsenstadion |          | 4x1000/600m    |         |         | Weihnachtsfeier |
|                                                   | Pause  | E+A 5 Km       |          | E + A ca. 5 km |         | Pause   | entfällt        |
| km                                                |        | 15             | 10       | 11             | 10      |         | 20              |
|                                                   |        |                |          |                |         |         |                 |
|                                                   | 14     | 15 WHL2        | 16       | 17             | 18      | 19      | 20              |
|                                                   | RDL    | 2x 2000m /500m | EDL      | TDL2           | RDL     |         | RDL             |
| 96                                                |        | im Olympiapark |          | 15,0 km        |         |         |                 |
|                                                   |        | E+A 8 Km       |          | E + A ca. 5 km |         | Pause   |                 |
| km                                                | 14     | 13             | 12       | 20             | 12      |         | 25              |
|                                                   |        |                |          |                |         |         |                 |
|                                                   | 21     | 22             | 23       | 24             | 25      | 26      | 27              |
|                                                   | RDL    | TDL 2          | EDL      |                | RDL     |         | RDL             |
| 80                                                |        | 10 km          |          |                |         |         |                 |
|                                                   |        | E+A ca. 5,0 Km |          | Pause          |         | Pause   |                 |
| km                                                | 14     | 15             | 12       |                | 14      |         | 25              |
|                                                   |        |                |          |                |         |         |                 |
|                                                   | 28     | 29 WHL2        | 30       | 31             | 1       | 2       | 3               |
|                                                   | RDL    | 3x 2000m /500m | RDL      | WKT            | RDL     |         | 10 km           |
| 73                                                |        | im Olympiapark |          | 4x1000/500m    |         |         | Plänterwald     |
|                                                   |        | E+A 8 Km       |          | E+A ca. 5,0 Km |         | Pause   | E+A 5 Km        |
| km                                                | 10     | 15             | 10       | 11             | 12      |         | 15              |
|                                                   |        |                |          |                |         |         |                 |
|                                                   | 4      | 5 WKT          | 6        | 7 WKT          | 8       | 9       | 10              |
|                                                   | RDL    | 2 x 1000m/500m | EDL      | Olympiapark    | RDL     |         | 15 km           |
| 78                                                |        | im Olympiapark |          | 2x1000/500m    |         |         | Plänterwald     |
|                                                   |        | E+A 8 Km       |          | E+A 8 Km       |         | Pause   | E+A 5 Km        |
| km                                                | 12     | 11             | 10       | 13             | 12      |         | 20              |
|                                                   |        |                |          |                |         |         |                 |
|                                                   | 11     | 12             | 13       | 14 WHL3        | 15      | 16      | 17              |
|                                                   |        | 2x(3x400/200)  | EDL      | 2x3000/1000m   | RDL     |         | RDL             |
| 68                                                |        | SP 800m        |          | im Olympiapark |         |         |                 |
|                                                   | Pause  | E+A ca. 5,0 Km |          | E+A 8 Km       |         | Pause   |                 |
| km                                                |        | 9              | 10       | 15             | 14      |         | 20              |
|                                                   |        |                |          |                |         |         |                 |
|                                                   | 18     | 19             | 20       | 21 WKT         | 22      | 23      | 24              |
|                                                   | RDL    | WHL 1          | EDL      | Olympiapark    | RDL     |         | 21,1 km         |
| 86                                                |        | 8x800/400m     |          | 3x1000m/600m   |         |         | Plänterwald     |
|                                                   |        | E+A ca. 5,0 Km |          | E+A 8 Km       |         | Pause   | E+A 5 Km        |
| km                                                | 12     | 14             | 10       | 14             | 10      |         | 26              |
| 629                                               | 79     | km pro Woche   |          |                |         |         |                 |