

| Rahmentrainingsplan vom 22.11.2021 bis 16.01.2022 | | | | | | | | |
|---|--------|------------------------|------------------|------------------------------|---------|-------------|----------------|-----------------|
| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | |
| | 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| | RDL | WHL1 4x(4x200/200m) | EDL | 5.000m | RDL | | EDL | |
| 72 | | SP 600m | | Momms.-stadion | | | | |
| | | E+A 5 Km | | E+A 5 Km | | Pause | | |
| km | 12 | 13 | 12 | 10 | 10 | | 15 | |
| | 29 | 30 | 1 | 2 | 3 | 4 | 5 | |
| | RDL | WHL1 3x(3x400/200m) | EDL | 10.000m | RDL | | EDL | |
| 79 | | SP 600m | | Momms.-stadion | | | | |
| | | E+A 5 Km | | E+A 4 Km | | Pause | | |
| km | 12 | 13 | 10 | 14 | 10 | | 20 | |
| | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| | RDL | WHL3 2x 2000m /500m | EDL | Momms.-St. 2x(10x200/200) | RDL | Claus | RDL | |
| 89 | | im Olympiapark | | SP 600m | | Runners | | |
| | | E+A 8 Km | | E + A ca.5 km | | Weihnachts- | | |
| km | 14 | 13 | 12 | 13 | 12 | feier | 25 | |
| | 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
| | RDL | TDL2 10 km | EDL | Momms.-St. 2x(6x400/200) | RDL | | RDL | |
| 94 | | im Olympiapark | | SP 600m | | | | |
| | | E+A ca. 8,0 Km | | E + A ca.5 km | | Pause | | |
| km | 14 | 18 | 12 | 11 | 14 | | 25 | |
| | 20 | 21 | 22 | 23 | 24 | 25 | 26 | |
| | RDL | 3x 2000m /500m | RDL | WHL2 | | | RDL | |
| 74 | | im Olympiapark | | 6x1000/500m | | | | |
| | | E+A 8 Km | | E+A ca. 5,0 Km | Pause | Pause | | |
| km | 10 | 15 | 10 | 14 | | | 25 | |
| | 27 | 28 | 29 | 30 | 31 | 1 | 2 | |
| | RDL | 6 x 1000m/500m | EDL | Momms.-St. 2x(10x200/200) | RDL | | EDL | |
| 84 | | im Olympiapark | | SP 600m | | | | |
| | | E+A 8 Km | | E + A ca.5 km | | Pause | | |
| km | 12 | 17 | 10 | 13 | 12 | | 20 | |
| | 3 | 4 | 5 | 6 | 7 | 8 | 9 | |
| | RDL | WHL2 | RDL | EDL | RDL | | 10 km | |
| 74 | | 4x 2000/1000m | Olympiaparkrunde | | | | | BSV Winterserie |
| | | E+A ca. 5,0 Km | | | | Pause | E+A ca. 5,0 Km | |
| km | 12 | 16 | 10 | 11 | 10 | | 15 | |
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| | RDL | WHL 2 | EDL | | RDL | Wintemar. | 15 km | |
| 76 | | 6x800/400m | Olympiaparkrunde | | | | Leipzig? | BSV Winterserie |
| | | E+A ca. 5,0 Km | | | | Pause | E+A ca. 5,0 Km | |
| km | 12 | 13 | 10 | 11 | 10 | | 20 | |
| 642 | 80,3 | km pro Woche | | | | | | |