

		Rahmentrainingsplan vom 05.08. bis 29.09.2024						
		Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
		RDL	EDL	EDL	WHL 1	RDL		RDL
99	8		Steinrunde		7x1000/600m			3 km EB
			E+A 5 Km		E+A 5 Km		Pause	
		12	12	12	16	12		35
		<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
		RDL	WHL 2	EDL	TDL 1	RDL		RDL
104	7		4x2000/800m		10,0 km			6 km EB
			E + A ca. 5 km		E+A 5 Km		Pause	
		12	16	12	15	14		35
		<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
		RDL	WHL 3	EDL	EDL	RDL		Generalprobe
92	6		3x3000/1000m		Steinrunde			Halbmarathon
			E+A 5 Km		E+A 5 Km		Pause	E+A 4 Km
		12	17	12	12	14		25
		<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
		RDL	EDL	EDL	TDL 2	RDL		RDL
101	5		Steinrunde		15,0 km			9 km EB
			E+A 5 Km		E+A 5 Km		Pause	
		12	12	12	20	10		35
		<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
		RDL	P: 1,4/1,2 HMRT	EDL	WHL 1	RDL		RDL
109	4		5/4/3 km		7x1000/600m			12 km EB
			E + A ca. 5 km		E+A 5 Km		Pause	
		12	20	12	16	14		35
		<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
		RDL	WHL 2	EDL	TDL 1	RDL	RDL	
102	3		4x2000/800m		10,0 km		15 km EB	
			E + A ca. 5 km		E+A 5 Km			Pause
		12	16	12	15	12	35	
		<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
		RDL	WHL 1	EDL	MRT !!!		RDL	RDL
99	2		6x1000/600m		15 km			
			E+A 5 Km		E+A 5 Km	Pause		
		12	15	12	20		30	10
		<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
		RDL	MRT !!!	EDL	MRT !!!	RDL		Berlin-
100	1		5x1000/600		6x700/500			Marathon
			E+A 5 Km		E+A 5 Km		Pause	E+A ca. 3 km
		12	13	10	12	8		45
806		100,8	km pro Woche					