

|     |   | Rahmentrainingsplan vom 03.08. bis 27.09.2026 |                 |          |                    |         |          |                    |
|-----|---|-----------------------------------------------|-----------------|----------|--------------------|---------|----------|--------------------|
|     |   | Montag                                        | Dienstag        | Mittwoch | Donnerstag         | Freitag | Samstag  | Sonntag            |
|     |   |                                               |                 |          |                    |         |          |                    |
|     |   | 3                                             | 4               | 5        | 6                  | 7       | 8        | 9                  |
|     |   | 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                 |
|     |   |                                               |                 |          |                    |         |          |                    |
|     |   | 10                                            | 11              | 12       | 13                 | 14      | 15       | 16                 |
|     |   | 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                 |
|     |   |                                               |                 |          |                    |         |          |                    |
|     |   | 17                                            | 18              | 19       | 20 TDL 2           | 21      | 22       | 23 9 km EB RDL     |
|     |   | RDL                                           | WHL 3           | EDL      | alt. SCC 3000m     | RDL     |          | (alt: Generalprobe |
| 110 | 6 |                                               | 3x3000/1000m    |          | 15,0 km            |         |          | Halbmarathon)      |
|     |   |                                               | E+A 5 Km        |          | E+A 5 Km           |         | Pause    | E+A 4 Km           |
|     |   | 12                                            | 17              | 12       | 20                 | 14      |          | 35                 |
|     |   |                                               |                 |          |                    |         |          |                    |
|     |   | 24                                            | 25              | 26       | 27 WHL 1           | 28      | 29       | 30                 |
|     |   | RDL                                           | EDL             | EDL      | alt. SCC 5000m     | RDL     |          | RDL                |
| 97  | 5 |                                               | Steinrunde      |          | 7x1000/600m        |         |          | 12 km EB           |
|     |   |                                               | E+A 5 Km        |          | E+A 5 Km           |         | Pause    |                    |
|     |   | 12                                            | 12              | 12       | 16                 | 10      |          | 35                 |
|     |   |                                               |                 |          |                    |         |          |                    |
|     |   | 31                                            | 1               | 2        | 3 RDL              | 4       | 5        | 6                  |
|     |   | RDL                                           | P: 1,4/1,2 HMRT | EDL      | alt. SCC 10000m    | RDL     |          | BBM HMRT           |
| 95  | 4 |                                               | 5/4/3 km        |          | Steinrunde         |         |          | Reinickendorf      |
|     |   |                                               | E + A ca. 5 km  |          | E+A 5 Km           |         | Pause    | E+A 4 Km           |
|     |   | 12                                            | 20              | 12       | 12                 | 14      |          | 25                 |
|     |   |                                               |                 |          |                    |         |          |                    |
|     |   | 7                                             | 8               | 9        | 10 TDL 1           | 11      | 12       | 13                 |
|     |   | RDL                                           | EDL             | EDL      | alt. SCC Std.-Lauf | RDL     | RDL      |                    |
| 98  | 3 |                                               | Steinrunde      |          | 10,0 km            |         | 15 km EB |                    |
|     |   |                                               | E+A 5 Km        |          | E+A 5 Km           |         |          | Pause              |
|     |   | 12                                            | 12              | 12       | 15                 | 12      | 35       |                    |
|     |   |                                               |                 |          |                    |         |          |                    |
|     |   | 14                                            | 15              | 16       | 17                 | 18      | 19       | 20                 |
|     |   | 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                 |
|     |   |                                               |                 |          |                    |         |          |                    |
|     |   | 21                                            | 22              | 23       | 24                 | 25      | 26       | 27                 |
|     |   | 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                 |
| 802 |   | 100,3                                         | km pro Woche    |          |                    |         |          |                    |