

MTB-Marathon: Training zur Verbesserung der Langzeitausdauer und Streckenleistung (Level 3)

Trainingsziel: Verbesserung und Stabilität der Grundlagenbasis für lange und sehr lange Distanzen

[ES] = ebene Strecke (Straße oder befestigter Weg), Radtraining auf dem Rennrad oder mit speziell bereiften MTB

[HG] = Hügeliges Gelände. Training mit dem MTB, wobei auch die Fahrtechnik trainiert wird

Woche	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1	Ruhetag	60 Minuten [HG] Basic-Training	120 Minuten [HG] Basic-Training	75 Minuten [ES] Basic-Training davon 2 x 10 Min Quickpedal	45 Minuten [HG] Basic-Training	90 Minuten [ES] Basic-Training davon 25 Min Kardio	180 Minuten [ES] Basic-Training
2	Ruhetag	60 Minuten [HG] Basic-Training	130 Minuten [HG] Basic-Training	75 Minuten [ES] Basic-Training davon 2 x 10 Min Quickpedal	45 Minuten [HG] Basic-Training	90 Minuten [ES] Basic-Training davon 25 Min Kardio	200 Minuten [ES] Basic-Training
3	Ruhetag	60 Minuten [HG] Basic-Training	140 Minuten [HG] Basic-Training	75 Minuten [ES] Basic-Training davon 2 x 10 Min Quickpedal	45 Minuten [HG] Basic-Training	90 Minuten [ES] Basic-Training davon 30 Min Kardio	220 Minuten [ES] Basic-Training
4	Ruhetag	60 Minuten [HG] Basic-Training	150 Minuten [HG] Basic-Training	75 Minuten [ES] Basic-Training davon 2 x 10 Min Quickpedal	45 Minuten [HG] Basic-Training	90 Minuten [ES] Basic-Training davon 30 Min Kardio	240 Minuten [ES] Basic-Training
5	Ruhetag	60 Minuten [HG] Basic-Training	160 Minuten [HG] Basic-Training	75 Minuten [ES] Basic-Training davon 2 x 10 Min Quickpedal	45 Minuten [HG] Basic-Training	90 Minuten [ES] Basic-Training davon 35 Min Kardio	260 Minuten [ES] Basic-Training
6	Ruhetag	60 Minuten [HG] Basic-Training	170 Minuten [HG] Basic-Training	75 Minuten [ES] Basic-Training davon 2 x 10 Min Quickpedal	45 Minuten [HG] Basic-Training	90 Minuten [ES] Basic-Training davon 35 Min Kardio	280 Minuten [ES] Basic-Training
7	Ruhetag	60 Minuten [HG] Basic-Training	180 Minuten [HG] Basic-Training	75 Minuten [ES] Basic-Training davon 2 x 10 Min Quickpedal	45 Minuten [HG] Basic-Training	90 Minuten [ES] Basic-Training davon 40 Min Kardio	300 Minuten [ES] Basic-Training
8	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	Ruhetag	30 Minuten Lockere Spazierfahrt