
Aufbautraining für Einsteiger

Ziel: Grundlagenkondition

Woche	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1	Ruhetag	30 Minuten Basic-Training	Ruhetag	30 Minuten Basic-Training	Ruhetag	30 Minuten Basic-Training	30 Minuten Basic-Training
2	Ruhetag	35 Minuten Basic-Training	Ruhetag	35 Minuten Basic-Training	Ruhetag	35 Minuten Basic-Training	40 Minuten Basic-Training
3	Ruhetag	40 Minuten Basic-Training	Ruhetag	40 Minuten Basic-Training	Ruhetag	40 Minuten Basic-Training	50 Minuten Basic-Training
4	Ruhetag	45 Minuten Basic-Training	Ruhetag	45 Minuten Basic-Training	Ruhetag	45 Minuten Basic-Training	60 Minuten Basic-Training
5	Ruhetag	50 Minuten Basic-Training	Ruhetag	50 Minuten Basic-Training	Ruhetag	50 Minuten Basic-Training	70 Minuten Basic-Training
6	Ruhetag	55 Minuten Basic-Training	Ruhetag	55 Minuten Basic-Training	Ruhetag	55 Minuten Basic-Training	80 Minuten Basic-Training
7	Ruhetag	60 Minuten Basic-Training	Ruhetag	60 Minuten Basic-Training	Ruhetag	60 Minuten Basic-Training	90 Minuten Basic-Training
8	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	Ruhetag	30 Minuten Lockere Spazierfahrt
