

## Training zur Verbesserung der allgemeinen Kondition

Ziel: Leistungsanpassung

Woche	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1	Ruhetag	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Kardio-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 3 x 3 Min <i>Kardio-Intervall</i>
2	Ruhetag	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Kardio-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 3 x 3 Min <i>Kardio-Intervall</i>
3	Ruhetag	60 Minuten <i>Basic-Training</i> davon 15 Min <i>Kardio-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 3 x 4 Min <i>Kardio-Intervall</i>
4	Ruhetag	60 Minuten <i>Basic-Training</i> davon 15 Min <i>Kardio-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 3 x 4 Min <i>Kardio-Intervall</i>
5	Ruhetag	60 Minuten <i>Basic-Training</i> davon 20 Min <i>Kardio-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 3 x 5 Min <i>Kardio-Intervall</i>
6	Ruhetag	60 Minuten <i>Basic-Training</i> davon 20 Min <i>Kardio-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 3 x 5 Min <i>Kardio-Intervall</i>
7	Ruhetag	60 Minuten <i>Basic-Training</i> davon 20 Min <i>Kardio-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 3 x 5 Min <i>Kardio-Intervall</i>
8	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	Ruhetag	30 Minuten Lockere Spazierfahrt

