

## Fortgeschrittenes Training zur Gewöhnung an höheres Tempo

Ziel: Leistungssteigerung

Woche	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1	30 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Tempo-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Tempo-Training</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	90 Minuten <i>Basic / Cardio</i> davon 10 Min <i>Tempo-Training</i>
2	30 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Tempo-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Tempo-Training</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	90 Minuten <i>Basic / Cardio</i> davon 15 Min <i>Tempo-Training</i>
3	30 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Tempo-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Tempo-Training</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	90 Minuten <i>Basic / Cardio</i> davon 20 Min <i>Tempo-Training</i>
4	30 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Tempo-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Tempo-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	90 Minuten <i>Basic / Cardio</i> davon 25 Min <i>Tempo-Training</i>
5	30 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 15 Min <i>Tempo-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 15 Min <i>Tempo-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	90 Minuten <i>Basic / Cardio</i> davon 30 Min <i>Tempo-Training</i>
6	30 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 20 Min <i>Tempo-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 20 Min <i>Tempo-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	90 Minuten <i>Basic / Cardio</i> davon 35 Min <i>Tempo-Training</i>
7	30 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 20 Min <i>Tempo-Training</i>	Ruhetag	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 20 Min <i>Tempo-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	90 Minuten <i>Basic / Cardio</i> davon 40 Min <i>Tempo-Training</i>
8	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	Ruhetag	30 Minuten Lockere Spazierfahrt

