

Level 2: Training zur Verbesserung der Grundlagenausdauer

Ziel: Fähigkeit, möglichst lange Strecken zurück zu legen

Woche	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1	Ruhetag	75 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	30 Minuten aktive Erholung <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Kardio</i>	90 Minuten <i>Basic-Training</i>
2	Ruhetag	75 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	30 Minuten aktive Erholung <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Kardio</i>	100 Minuten <i>Basic-Training</i>
3	Ruhetag	75 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 5 Min <i>Quickpedal</i>	30 Minuten aktive Erholung <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 15 Min <i>Kardio</i>	110 Minuten <i>Basic-Training</i>
4	Ruhetag	75 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	30 Minuten aktive Erholung <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 20 Min <i>Kardio</i>	120 Minuten <i>Basic-Training</i>
5	Ruhetag	75 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	30 Minuten aktive Erholung <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 25 Min <i>Kardio</i>	130 Minuten <i>Basic-Training</i>
6	Ruhetag	75 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	30 Minuten aktive Erholung <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 30 Min <i>Kardio</i>	140 Minuten <i>Basic-Training</i>
7	Ruhetag	75 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	30 Minuten aktive Erholung <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i>	60 Minuten <i>Basic-Training</i> davon 30 Min <i>Kardio</i>	150 Minuten <i>Basic-Training</i>
8	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	Ruhetag	30 Minuten Lockere Spazierfahrt

