

Level 2: Spezialtraining 1 zur Verbesserung der Kondition

Trainingsmethode: Super-Speed-Intervalltraining (SSI)

Woche	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1	Ruhetag	75 Minuten <i>Basic-Training</i> davon 2 x SSI	30 Minuten aktive Erholung <i>Basic-Training</i>	75 Minuten <i>Basic-Training</i> davon 2 x SSI	30 Minuten aktive Erholung <i>Basic-Training</i>	75 Minuten <i>Basic-Training</i> davon 2 x SSI	120 Minuten <i>Basic-Training</i>
2	Ruhetag	75 Minuten <i>Basic-Training</i> davon 2 x SSI	30 Minuten aktive Erholung <i>Basic-Training</i>	75 Minuten <i>Basic-Training</i> davon 2 x SSI	30 Minuten aktive Erholung <i>Basic-Training</i>	75 Minuten <i>Basic-Training</i> davon 2 x SSI	120 Minuten <i>Basic-Training</i>
3	Ruhetag	75 Minuten <i>Basic-Training</i> davon 3 x SSI	30 Minuten aktive Erholung <i>Basic-Training</i>	75 Minuten <i>Basic-Training</i> davon 3 x SSI	30 Minuten aktive Erholung <i>Basic-Training</i>	75 Minuten <i>Basic-Training</i> davon 3 x SSI	120 Minuten <i>Basic-Training</i>
4	Ruhetag	75 Minuten <i>Basic-Training</i> davon 3 x SSI	30 Minuten aktive Erholung <i>Basic-Training</i>	75 Minuten <i>Basic-Training</i> davon 3 x SSI	30 Minuten aktive Erholung <i>Basic-Training</i>	75 Minuten <i>Basic-Training</i> davon 3 x SSI	120 Minuten <i>Basic-Training</i>
5	Ruhetag	75 Minuten <i>Basic-Training</i> davon 4 x SSI	30 Minuten aktive Erholung <i>Basic-Training</i>	75 Minuten <i>Basic-Training</i> davon 4 x SSI	30 Minuten aktive Erholung <i>Basic-Training</i>	75 Minuten <i>Basic-Training</i> davon 4 x SSI	120 Minuten <i>Basic-Training</i>
6	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	Ruhetag	30 Minuten Lockere Spazierfahrt