

Level 2: Spezialtraining 2 zur Verbesserung der Kondition

Trainingsmethode: Super-Kardio-Training (SK)

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