

## Level 3: Training zur Verbesserung der Streckenleistung (Radmarathon)

Trainingsmethode: Gezielte Schulung der Langzeitausdauer

Woche	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	90 Minuten <i>Basic-Training</i> davon 3x5 Min <i>Kardio</i>	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Tempo</i>	180 Minuten <i>Basic-Training</i>
2	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	90 Minuten <i>Basic-Training</i> davon 3x8 Min <i>Kardio</i>	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 10 Min <i>Tempo</i>	210 Minuten <i>Basic-Training</i>
3	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	90 Minuten <i>Basic-Training</i> davon 3x10 Min <i>Kardio</i>	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 15 Min <i>Tempo</i>	240 Minuten <i>Basic-Training</i>
4	<b>Ruhetag</b>	30-45 Min <i>Basic-Training</i>	<b>Ruhetag</b>	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 15 Min <i>Tempo</i>	270 Minuten <i>Basic-Training</i>
5	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	90 Minuten <i>Basic-Training</i> davon 2x15 Min <i>Kardio</i>	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 20 Min <i>Tempo</i>	300 Minuten <i>Basic-Training</i>
6	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	90 Minuten <i>Basic-Training</i> davon 2x20 Min <i>Kardio</i>	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 20 Min <i>Tempo</i>	330 Minuten <i>Basic-Training</i>
7	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	90 Minuten <i>Basic-Training</i> davon 2x25 Min <i>Kardio</i>	30-45 Min <i>Basic-Training</i>	120 Minuten <i>Basic-Training</i> davon 10 Min <i>Quickpedal</i>	60 Minuten <i>Basic-Training</i> davon 25 Min <i>Tempo</i>	360 Minuten <i>Basic-Training</i>
8	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	Ruhetag	30 Minuten Lockere Spazierfahrt

