
Level 3: Tempotraining

Trainingsziel: Verbesserung der Fähigkeit, hohes Tempo über längere Streckenabschnitte zu fahren

Woche	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
1	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 30 Min <i>Tempo-Training</i>	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 30 Min <i>Tempo-Training</i>	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 30 Min <i>Tempo-Training</i>	150 Minuten <i>Basic-Training</i>
2	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 40 Min <i>Tempo-Training</i>	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 40 Min <i>Tempo-Training</i>	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 40 Min <i>Tempo-Training</i>	150 Minuten <i>Basic-Training</i>
3	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 50 Min <i>Tempo-Training</i>	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 50 Min <i>Tempo-Training</i>	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 50 Min <i>Tempo-Training</i>	150 Minuten <i>Basic-Training</i>
4	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 60 Min <i>Tempo-Training</i>	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 60 Min <i>Tempo-Training</i>	30-45 Min <i>Basic-Training</i>	90 Minuten <i>Basic-Training</i> davon 60 Min <i>Tempo-Training</i>	150 Minuten <i>Basic-Training</i>
5	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	30 Minuten Lockere Spazierfahrt	Ruhetag	Ruhetag	30 Minuten Lockere Spazierfahrt
