

Zielzeit MT 3:30h

Voraussetzung: 10Km=48:00 Min, HM=1:47 h, MT = 3:45 h

Woche	Tag	Distanz [Km]	Trainingseinheit [TE]	Tempo Min/Km	HF – max.	Woche	Tag	Distanz [Km]	Trainingseinheit [TE]	Tempo Min/Km	HF – max.
1	Mo	10	la. DL, GA1	06:13	70%	7	Mo		1h Schwimmen		65%
	Di		Krafttraining		0%		Di	10	lo. DL, GA2	05:22	80%
	Mi	8	10x400 Interv. SB	04:31	90%		Mi		Krafttraining		0%
	Do		Ruhetag		0%		Do	12	MT-RT, GA2	04:58	85%
	Fr	10	lo. DL, GA2	05:22	75%		Fr		Ruhetag		0%
	Sa		1,5-2h Radfahren		65%		Sa		Ruhetag		0%
52 km	So	20	la. DL, GA1	06:13	70%	50,1 km	So	21,1	HM Wettkampf in 1:39:58	04:44	90%
2	Mo		Krafttraining		0%	8	Mo	8	la. DL, GA1	06:13	70%
	Di	12	la. DL, GA1	06:13	75%		Di		1,5-2h Radfahren		65%
	Mi	12	lo. DL, GA2	05:22	80%		Mi	14	7x1000 Interv., SB	04:31	90%
	Do	12	la. DL, GA1	06:13	70%		Do		Krafttraining		0%
	Fr		Ruhetag		0%		Fr	12	MT-RT, GA2	04:58	85%
	Sa	10	Wettkampf	47:00	95%		Sa		Ruhetag		0%
60 km	So	10	la. DL, GA1	06:13	70%	79 km	So	35	la. DL, GA1, letzte 10Km in MT-RT	06:13	80%
3	Mo		Krafttraining		0%	9	Mo		1,5-2h Radfahren		65%
	Di	12	la. DL, GA1	06:13	75%		Di	14	4x2000 Interv., GA2	09:28	90%
	Mi	15	7x1000 Interv., SB	04:31	90%		Mi		Krafttraining		0%
	Do		Ruhetag		0%		Do	12	MT-RT, GA2	04:58	85%
	Fr	12	lo. DL, GA2	05:22	80%		Fr		Ruhetag		0%
	Sa		1,5-2h Radfahren		65%		Sa	8	la. DL, GA1	06:13	75%
65 km	So	25	la. DL, GA1	06:13	70%	74 km	So	35	la. DL, GA1, letzte 15Km in MT-RT	06:13	80%
4	Mo		Krafttraining		0%	10	Mo		1h Schwimmen		65%
	Di	15	7x1000 Interv., SB	04:31	90%		Di	18	10x1000 Interv., SB	04:31	90%
	Mi		1,5-2h Radfahren		65%		Mi	8	la. DL, GA1	06:13	75%
	Do	8	MT-RT, GA2	04:58	85%		Do	12	MT-RT, GA2	04:58	85%
	Fr		Ruhetag		0%		Fr		Ruhetag		0%
	Sa	10	Wettkampf	46:00	95%		Sa	10	Wettkampf in 0:44:56	04:30	95%
43 km	So	8	la. DL, GA1	06:13	70%	69 km	So	8	la. DL, GA1	06:13	70%
5	Mo		Krafttraining		0%	11	Mo		Krafttraining		0%
	Di	12	lo. DL, GA2	04:31	80%		Di	8	MT-RT, GA2	04:58	85%
	Mi	10	MT-RT, GA2	04:58	85%		Mi		Ruhetag		0%
	Do		Ruhetag		0%		Do	32	la. DL, GA1	06:13	70%
	Fr	12	4x2000 Interv., SB	09:28	90%		Fr		Ruhetag		0%
	Sa		1h Schwimmen		65%		Sa		Ruhetag		0%
64 km	So	30	la. DL, GA1	06:13	70%	50 km	So	10	7x400 Interv., SB	01:43	90%
6	Mo		Krafttraining		65%	12	Mo		Ruhetag		0%
	Di	8	lo. DL, GA2	05:22	80%		Di	6	MT-RT, GA2	04:58	85%
	Mi	12	MT-RT, GA2	04:58	90%		Mi		Ruhetag		0%
	Do		Ruhetag		75%		Do	6	lo. DL, GA2	05:22	80%
	Fr	17	10x1000 interv., SB	04:31	80%		Fr		Ruhetag		0%
	Sa		1,5-2h Radfahren		0%		Sa	4	lo. DL, GA2, 5x100, SB	05:22	85%
74 km	So	35	la. DL, GA1, letzte 5Km MT-RT	06:13	90%	62,2 km	So	41,2	MT Wettkampf in 03:29:00	04:57	85%

Lauftempo: la. DL=6:13 Min/Km, lo. DL=5:22 Min/Km, MT-RT=4:58 Min/Km, 2km=9:28 Min, 1Km=4:31 Min, 0,4Km=1:43 Min