

Intensives Ausdauertraining

2025-05-003

Gesamtumfang: 3700 m

Anzahl	Ausführung	Pause	Intens.	Uhrzeit
1 *	400	01:00	REKOM	20:09
	Technik / Koordination / Lagen			
1 *	400	00:45	Technik	20:19
1 *	300	00:30	Lagen	20:29
1 *	200	00:30	Technik	20:35
1 *	100	00:15	Lagen	
1 *	50	01:00	REKOM	20:42
	Beine			
1 *	400	00:45	F-GA 1	20:45
1 *	300	00:30	F-GA 2	20:52
1 *	200	00:30	F-GA 1	20:57
1 *	100	00:15	F-GA 2	21:00
1 *	50	01:00	REKOM	21:02
	Kraftausdauer			
1 *	400	00:45	KA 1	21:04
1 *	300	00:30	KA 2	21:12
1 *	200	00:30	GA 1/2	21:18
1 *	100	00:15	GA 2	21:22
1 *	200	00:30	REKOM	21:24