| | | | | Rahmentrain | ningsplan vom 02.07. bis | s 16.09.2018 | | |
|------|-----|--------|----------------------|-------------|--------------------------|----------------------------|--------------|-------------------|
| | | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| | | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | RDL | 3x(5x400/200) | EDL | P: 1,4/1,2 HMRT | RDL | | RDL |
| 112 | 11 | | SP: 800 m | | 5/4/3 km | | _ | 3 km EB |
| | | | E+A 5 Km | 4.4 | E + A ca. 5 km | | Pause | 25 |
| | | 14 | 15 | 14 | | 14 | | 35 |
| | | | | | RDL/EDL Läufen Mo./Mi./ | | | 4= |
| | | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| -00 | 40 | RDL | WHL 2 | EDL | EDL | RDL | | Havellauf |
| 89 | 10 | | 4x2000/800m | | Steinrunde | | Davisa | 13,7 km |
| | | 14 | E + A ca. 5 km | 14 | E+A 5 Km | 14 | Pause | E+A 5 Km |
| | | 14 | | | RDL/EDL Läufen Mo./Mi./ | | fon (locker) | 19 |
| | | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | | RDL | RDL | EDL | WHL 3 | RDL | | RDL |
| 106 | 9 | NDL | Steinrunde | LDL | 3x3000/1000m | NDL | | 6 km EB |
| 100 | | | 3 Steigerungen | | E+A 5 Km | | | O KIII LD |
| | | 14 | 12 | 14 | 17 | 14 | | 35 |
| | | 1-7 | | | RDL/EDL Läufen Mo./Mi./ | | | 33 |
| | | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | RDL | WHL 1 | EDL | EDL | RDL | City Night | |
| 82 | 8 | NDE | 2x(4x800/400m) | | Steinrunde | KDL | 10 km | |
| | | | E+A ca. 3,0 km | | E+A 5 Km | | E+A 5 Km | Pause |
| | | 14 | 13 | 14 | 12 | 14 | | ruuse |
| | | | | | RDL/EDL Läufen Mo./Mi./ | | | |
| | | 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| | | RDL | RDL | EDL | TDL 1 | RDL | | RDL |
| 104 | 7 | | Steinrunde | | 10,0 km | | | 9 km EB |
| | | | 3 Steigerungen | | E+A 5 Km | | Pause | == |
| | | 14 | | 14 | | 14 | | 35 |
| | | | | | RDL/EDL Läufen Mo./Mi./ | | | |
| | | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | RDL | WHL 3 | EDL | TDL 2 | RDL | | RDL |
| 114 | 6 | | 3x3000/1000m | | 15,0 km | | | 12 km EB |
| | | | E+A 5 Km | | E+A 5 Km | | Pause | |
| | | 14 | 17 | 14 | 20 | 14 | | 35 |
| | | | Wenn mö | | RDL/EDL Läufen Mo./Mi./ | <mark>Fr. Hügel lau</mark> | fen (locker) | |
| | | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | | RDL | P: 1,0/1,2 HMRT | EDL | WHL 1 | RDL | | RDL |
| 115 | 5 | | 3/4/5 km | | 8x1000/600m | | | 15 km EB |
| | | | E + A ca. 5 km | | E+A 5 Km | | Pause | |
| | | 14 | 20 | 14 | 18 | | | 35 |
| | | | | | RDL/EDL Läufen Mo./Mi./ | Fr. Hügel lau | | |
| | | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | RDL | P: 1,4/1,2 HMRT | EDL | EDL | RDL | | Sportscheck |
| 99 | 4 | | 5/4/3 km | | Steinrunde | | _ | Stadtlauf 21,1 km |
| | | | E + A ca. 5 km | | E+A 5 Km | | Pause | |
| | | 14 | 20 Wann më | 14 | | | | 25 |
| | | 27 | | | RDL/EDL Läufen Mo./Mi./ | rr. Hugel lau | ren (locker) | 2 |
| | | 27 | 28 | 29 EDI | 30 | 51 | 1 | 2 |
| 447 | 2 | RDL | RDL 2v Steinrunde | EDL | WHL 3 | RDL | | RDL |
| 117 | 3 | | 2x Steinrunde | | 3x3000/1000m | | Davis | 18 km EB |
| | | 40 | 3 Steigerungen | 47 | E+A 5 Km | 4.0 | Pause | 25 |
| | | 16 | 17 | 16 | 1/ | 16 | | 35 |
| | | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | RDL | MRT !!! | EDL | MRT !!! | / | RDL | RDL |
| 111 | 2 | KUL | 15 km | EDL | 10 km | | KUL | KUL |
| 111 | 2 | | | | E+A 5 Km | Davice | | |
| | | 12 | E+A 5 Km 20 | 14 | E+A 5 KM 20 | Pause | 35 | 10 |
| | | 12 | 20 | 14 | 20 | | 35 | 10 |
| | | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | RDL | MRT !!! | EDL | MRT !!! | RDL | 13 | Berlin- |
| 112 | 1 | KUL | 6x1000/800 | EDL | 6x700/500 | KUL | | Marathon |
| 114 | - 1 | | E+A 5 Km | | E+A 5 Km | | Pause | E+A ca. 3 km |
| | | 12 | 15 | 14 | 12 | 14 | | 45 |
| 1161 | | 105,5 | | 17 | 12 | 17 | | 75 |
| | | 103,3 | Lan pro mocne | | 1 | 1 | l . | |