

Rahmentrainingsplan vom 20.01. bis 15.03.2020

Anzahl
Wochen

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | Prag | |
|-----|---|---------------------|--|----------------|--|---------|--------------------------|--------|--|
| | 20 | 21 18:45 Uhr | 22 | 23 | 24 | 25 | 26 | | |
| 90 | RDL | Halle WHL 1 | EDL | HMRT | RDL | | | 15 | |
| | | 2x(10x200/200) | | 6x1000/600m | | | (BSV 21,1 km) | | |
| | | E+A ca. 5,0 Km | | E+A ca. 5,0 Km | <small>Spiridon Siegerehrung SCC Tennisclub, 18:00 Uhr</small> | Pause | | | |
| km | 12 | 13 | 12 | 14 | 14 | | 25 | | |
| | 27 | 28 18:45 Uhr | 29 | 30 | 31 | 1 | 2 | | |
| 102 | RDL | Halle 6x200m, | EDL | WHL 3(+10')km) | RDL | | | RDL 14 | |
| | | 5x400/4x800m | | 3x3000/2000m | | | | | |
| | | 4,3,2/ 2,2,2 | | E+A ca. 5,0 Km | | Pause | | | |
| km | 12 | 16 | 12 | 18 | 14 | | 30 | | |
| | 3 | 4 18:45 Uhr | 5 | 6 | 7 | 8 | 9 | | |
| 103 | RDL | Halle 8x200m, | EDL | WHL 2 | RDL | | | RDL 13 | |
| | | 4x400/2x800m | | 4x2000/800m | | | | | |
| | | 2x 4/2/1 | | E+A ca. 5,0 Km | | Pause | | | |
| km | 12 | 14 | 12 | 16 | 14 | | 35 | | |
| | 10 | 11 18:45 Uhr | 12 | 13 | 14 | 15 | 16 | | |
| 72 | RDL | Halle | EDL | 2x 1000m WKT | RDL | | | 12 | |
| | | 8x200/4x800m | | Olympiapark | | | oBBHM 0,8/1,5/3 km | | |
| | | E+A ca. 5,0 Km | | E+A ca. 5,0 Km | | Pause | Sp.-Forum Meldesch.:4.2. | | |
| km | 12 | 12 | 12 | 12 | 14 | | E + A ca. 5,0 km | 10 | |
| | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | |
| 80 | RDL | 4x 1000m WKT | EDL | SP 600m WHL2 | RDL | | | 11 | |
| | | Olympiapark | | 3x(4x400/200m) | | | Teufelsberg Run | | |
| | | E+A ca. 5,0 Km | | E+A ca. 5,0 Km | | Pause | 10 km/6 km/3 km | | |
| km | 10 | 15 | 12 | 14 | 14 | | E + A ca. 5,0 km | 15 | |
| | 24 | 25 | 26 | 27 | 28 | 29 | 1 | | |
| 78 | RDL | 4x1000/500 WKT | EDL | 2x,2/1x,4/,8/ | RDL | | | 10 | |
| | | Olympiapark | | 1/,8/,4/2x,2 | | | Britzer Gartenlauf/ | | |
| | | E+A ca. 5,0 Km | | E+A ca. 5,0 Km | | Pause | Lutz-Derkow-Lauf | | |
| km | 12 | 15 | 12 | 10 | 14 | | E + A ca. 5,0 km | 15 | |
| | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | |
| 105 | RDL | 4x1000/500 WKT | EDL | WHL3 | RDL | | | RDL 9 | |
| | | Olympiapark | | 3x3000/1200m | | | 3 km EB | | |
| | | E+A ca. 5,0 Km | | E+A ca. 5,0 Km | | Pause | | | |
| km | 12 | 15 | 12 | 17 | 14 | | 35 | | |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | |
| 75 | RDL | 4x1000/500 WKT | EDL | WKT | RDL | | | 8 | |
| | | Olympiapark | | 6x800/400 | | | Birkenwäldchen- | | |
| | | E+A ca. 5,0 Km | | E+A ca.5,0 Km | | Pause | Lauf, 10 km | | |
| km | 12 | 15 | 10 | 13 | 10 | | E + A ca. 5,0 km | 15 | |
| 705 | 88,1 km / Woche | | 18:45 Uhr (veränderte Anfangszeiten in der Halle) | | | | | | |
| | RDL/EDL Läufe Mo./Mi./Fr. Hügel laufen (locker) | | | | | | Wettkampf | | |