

| | | Rahmentrainingsplan vom 22.06. bis 02.08.2026 | | | | | | |
|-----|----|---|----------------|---------------|----------------|-----------|---------------------|---------------|
| | | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| | | 22 | 23 | 24 EDL | 25 | 26 | 27 5,7/11 km | 28 |
| | | RDL | EDL/IDL/TDL | alt.: BSV | Teufelsberg | EDL | Hohenschönh. | EDL |
| 109 | 14 | | 1-2xSteinrunde | 400/1000m | 7x (70%) | | Gartenlauf | |
| | | | | 1500 5000 | E + A ca. 5 km | | Pause | |
| | | 12 | 16 | 16 | 14 | 16 | | 35 |
| | | 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| | | RDL | TDL | EDL | Teufelsberg | EDL | | EDL |
| 109 | 13 | | 15,0 km | | 7x (70%) | | | |
| | | | E+A 5 Km | | E + A ca. 5 km | | Pause | |
| | | 14 | 20 | 14 | 14 | 12 | | 35 |
| | | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | RDL | WHL 2 | EDL | WKT | EDL | | Havellauf |
| 87 | 12 | | 4x2000/1000m | | 4x1000/600m | | | 13,7 km |
| | | | E + A ca. 5 km | | E+A 5 Km | | Pause | |
| | | 14 | 13 | 16 | 11 | 14 | | 19 |
| | | 13 | 14 | 15 | 16 | 17 | 18 | 19 EDL |
| | | RDL | WHL3 | EDL | SP800m WHL0,4 | EDL | | |
| 90 | 11 | | 3x3000/1000m | | 2x4x400/400m | | | |
| | | | E + A ca. 5 km | | E+A 5 Km | | Pause | |
| | | 14 | 17 | 16 | 11 | 12 | | 20 |
| | | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | RDL | WHL 2 | EDL | IDL/TDL2 | EDL | | EDL |
| 107 | 10 | | 4x2000/800m | | 1-2xSteinrunde | | | |
| | | | E + A ca. 5 km | | | | Pause | |
| | | 14 | 13 | 14 | 17 | 14 | | 35 |
| | | 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| | | RDL | WHL 1 | EDL | WKT | EDL | City Night | |
| 79 | 9 | | 6x1000/600m | | 4x400/400m | | 10 km | |
| | | | E + A ca. 5 km | | E+A 5 Km | | E+A 5 Km | Pause |
| | | 14 | 14 | 14 | 8 | 14 | 15 | |
| 581 | | 96,8 | km pro Woche | | | | | |