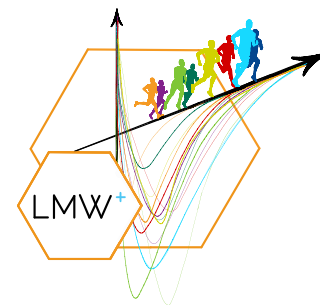


LMW+ - Trainingplan FS24

Wir treffen uns jeweils am Dienstag 17:45 vor dem ASVZ Höggerberg!
Und jetzt auch am Donnerstag! Weekends of March and April will have extra runs!

We meet every Tuesday at 17:45 in front of ASVZ Höggerberg! And now also on Thursdays! Weekends of March and April will have extra runs!



Trainingplan

Terms and rhythms:

(s) slow – 6:00 min/km

(f) fast – 5km race pace (adapt to yourself!)

(vf) very fast – 3 km race pace (adapt to yourself!)

Woche 1 - 12/03 – Cardio strength - 20+5 min progressivo (s/f) - Pyramid uphill [1/2/4/2/1]

Woche 2 - 19/03 – Cardio strength - 20+5 min progressivo (s/f) - Pyramid uphill [1/2/4/4/2/1]

Woche 3 - 26/03 – Cardio strength - 20+5 min progressivo (s/f) - Pyramid uphill [30"/1/2/2/4/4/2/1]

Woche 4 - 02/04 – Long run - ca 2hr (S/f)

Woche 5 - 09/04 – 15 min + kings crown 40 min run sprinting all uphill.

Woche 7 - 16/04 – 15 min + games + kings crown 40 min run sprinting all uphill.

Woche 8 - 23/04 – 15 min + games2 + kings crown 40 min run sprinting all uphill.

Woche 9 - 30/04 – Mandatory relay games. You must come and have fun. Too late, you read it.

Woche 10 - 07/05 – "normal run"

Woche 11 - 14/05 – Kings Crown with a twist

Woche 12 - 21/05 – Kings Crown with two twists

Woche 13 - 28/05 – Kings Crown with as many twists as people there are.

Don't forget Thursdays!