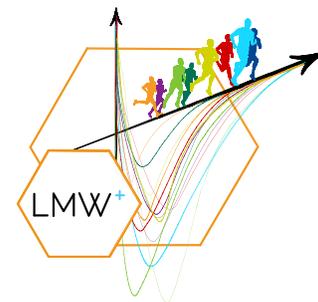


LMW+ - Trainingplan Autumn 25

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!



Trainingplan

Terms and rhythms:

(s) slow – 6:00 - 6:30 min/km

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

(vf) very fast – 1 km race pace (adapt to yourself!)

Woche 1 - 17/02 – (s/f) Long run - 1 hr with 2 x 1 lap progresivo at the other finnenbahn.

Woche 2 - 24/02 – (vf) - 3 x (3 x 200m) - rest 30s between 200s, and 3 min between groups.

Woche 3 - 03/03 – (vf) - 3 x (4 x 200m) - rest 30s between 200s, and 3 min between groups.

Woche 3 - 10/03 – (vf) - 3 x (5 x 200m) - rest 30s between 200s, and 3 min between groups.

Woche 4 - 17/03 – (s/f) Long run - 1 hr with 3 x 1 lap progresivo at the other finnenbahn.

Woche 5 - 24/03 – (f) 90s / 60s / 60s / 30s) uphill interval. rest by running down.

Woche 7 - 31/03 – (f) 90s / 90s / 60s / 60s / 30s uphill interval. rest by running down.

Woche 8 - 07/04 – (f) 90s / 90s / 60s / 60s / 30s / 30s uphill interval. rest by running down.

Woche 9 - 14/04 – (s/f) Long run - 1 hr with 4 x 1 lap progresivo at the other finnenbahn.

Woche 10 - 21/04 – (f) Pyramid - (1 min / 2 min / 4 min / 2 min / 1 min) - resting 1:30 min.

Woche 11 - 28/04 – (f) Pyramid - (1 / 2 / 2 / 4 / 2 / 2 / 1) - resting 1:30 min.

Woche 12 - 05/05 – (f) Pyramid - (1 / 2 / 2 / 4 / 4 / 2 / 2 / 1) - resting 1:30 min.

Woche 14 - 12/05 – (s) Relay games.

Thursdays: 30 - 45 min (s) with 5-10 min single interval in the middle.