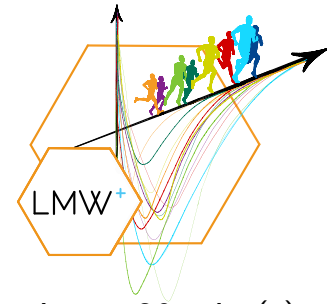


LMW+ - Trainingplan HS23

Wir treffen uns jeweils am Dienstag 17:45 vor dem ASVZ Höggerberg!
Und jetzt auch am Donnerstag 11:45!

We meet every Tuesday at 17:45 in front of ASVZ Höggerberg! And now also on Tuesdays at 11:45!



Trainingplan Terms and rhythms: (s) slow 5:30 min/km (f) fast

4:00 min/km (vf) very fast 3:30 min/km **Woche 1** - 26/09 Rhythm fluctuations - 20 min (s) - 2*(3 min (f) + 2 min (s)) + 10 min (s)

Woche 2 - 03/10 - Rhythm fluctuations - 15 min (s) - 3*(3 min (f) + 2 min (s)) + 10 min (s)

Woche 3 - 10/10 - Rhythm fluctuations - 15 min (s) - 3*(4 min (f) + 2 min (s)) + 10 min (s)

Woche 4 - 17/10 - Rhythm fluctuations - 15 min (s) - 2*(5 min (f) + 2 min (s)) + 10 min (s)

Woche 5 - 24/10 - "normal run" games.

Woche 6 - 31/10 - Rhythm fluctuations-15 min (s) - 3*(2 min (f) + 1 min (vf) + 2 min (s)) + 10 min (s).

Woche 7 - 07/11 - Rhythm fluctuations-15 min (s) - 3*(3 min (f) + 1 min (vf) + 2 min (s)) + 10 min (s).

Woche 8 - 14/11 - Rhythm fluctuations-15 min (s) - 4*(3 min (f) + 1 min (vf) + 2 min (s)) + 10 min (s).

Woche 9 - 21/11 - Rhythm fluctuations- 15 min (s) - 3*(4 min (f) + 1 min (vf) + 2 min (s)) + 10 min (s).

Woche 10 - 28/11 - "normal run" games.

Woche 11 - 05/12 - Finnenbahn - 2 long uphill + 2 short uphill.

Woche 12 - 12/12 - Finnenbahn - 3 long uphill + 2 short uphill.

Woche 13 - 19/12 - Finnenbahn - Relay games.

Don't forget Thursdays!