Januar bis Februar

Schwerpunkt: **Laufen**

	1	2	3	4	5	6	7	8
				E				E
Mo								
RAD	1h E	1:15 E	1:15 E	1h 75%	1h E	1:30 E	1:00 75%	
Lauf	*15k 75%*	*15k 75%*	*15k 75%*	*10 E*	*17k 75%*	*20k 75%*	*20k 75%*	*15 km E*
Mi								
RAD	---	---	–	---	---	---	---	---
	KAD	KAD	KAD	KAD	KAD	KAD	KAD	KAD
Do								
Lauf	*15k E*	*18k E*	*16k E*	*10k E*	*17k E*	*20k E*	*15k E*	
RAD	1:15 E	1:15 E	1:45 E	1:00	1:30	0:45	1:30	1:30 E
Frei								
RAD	---	---	---	---	---	---	---	---
	KAD	KAD	KAD		KAD	KAD	KAD	
Lauf				*10k E*				*12k E*
Sams								
Lauf	*10k E*	*10k E*	*6k 75%*	---	*12k E*	*14k E*	*10k 75%*	---
RAD	1h	1:15	1:30	1 h	1:15	1:15	---	1:30 E
Sonn								
RAD	---	---	---	---	---	---	---	---
Lauf	*18k 75%*	*20k 75%*	*18k E*	*14k E*	*20k 75%*	*23k 75%*	*20k E*	*15k E*

Dienstag: *Ruhetag*

Umfänge: **Rad** 27:15 ***Lauf*** 470 km **KAD** 14x --- **8 Wochen**

März bis April

Schwerpunkt: Laufen

Wochen

	9	10	11	12	13	14	15	16
				E				E
Mo								
Lauf	*12k E*	*22k E*	*15k E*	*20k E*	*15k 75%*	*24k E*	*20k 75%*	*22k E*
RAD	20k E	20k E	25k E		30k E	20k E		

Dienstag: *Ruhetag*

Mi								
	KAD	KAD	KAD		KAD	KAD	KAD	
R / *L*	*8k E*	*10k E*	*10k E*	20 E	*12k E*	*16k E*	*12k E*	30k E
Do								
Lauf				*12k 75%*	*12k 75%*	*12k 75%*		
RAD	30k E	40k E	30k E	20 E	20k E	20k 75%	45k E	*22k 75%*
					5k E	*5k 75%*		
Frei								
	KAD	KAD	KAD	40k E	KAD			
Lauf	*8k E*	*15 E*	*10k E*	*20 E*	*12k E*	*20k 50%*	*10k E*	50k E
Sams								
Lauf	*24k 75%*	*22k E*	*26k 75%*	*20k E*	*26k 75%*	*24k 75%*	*30k E*	*20k E*
RAD	20k E	20k E	30k E	20 E	30k E	20k E	20k E	20 E
Sonn								
Lauf	*10 E*	*10 E*	*10 E*		*15 E*	*17 E*		
RAD	40k 75%	40k 75%	55k 75%	40k E	50k 75%	60k 75%	70k 75%	50k E

Umfänge/ 8 Wochen

Rad: **955 km**

Lauf: ***570 km***

KAD: **10x**