Von " 0 auf 5 " Trainingsprogramm



www.otv-la.de

In 70 Tagen zum gesunden Laufen / Einsteigerprogramm

	Zeit	Trainingszeit in Minuten Legende: 1 2 3 4 5 6 7 8 9 10 11 12	LG= la	16 17	18 19 2	20 21 22	23 24	es Geher	7 28 2	LL=lang	1 32	33 34	35 3	6 37 3	8 39 4	0 4	1 42	43 4	14 45	46 4	7 48	49 5	0 51	52 53	54 5	5 56 5	7 58
oche	Tag		10 14 13			Min ZG	20 24 /	20 20 21	201	20 00 0	1 02	00 04	00 0			-	1 72			40 4	1 40	-5 5	0 01	52 55	, 34 3	,	1 30
		Aufwärmen: zügiges Gehen (ZG)	Gymnastik	_		L ZG LL					211	7611	761				GII	761		76.7	G 76	76.7		Ausde	hnon		
		Autwarmen: zugiges Genen (2G)	Gymnastik									ZGLL	ZGL					201	L 20	202	626	202	a	Ausue		TT	
				15x 1m	in LL - 1	Min ZG																					
	So	Aufwärmen: zügiges Gehen (ZG)	Gymnastik																								
			1	5x 1mir	1 LL - 11	Min ZG		8x 2N		1min 2																	
	Mi + Fr	Aufwärmen: zügiges Gehen (ZG)	Gymnastik					LL LL	-	LL LL ZO	-				L LL Z	GL	L LL	ZG <mark>L</mark>	L LL	ZG L	L LL	ZGZ	G				
			1							1min 2		-			nin ZG												
	So	Aufwärmen: zügiges Gehen (ZG)	Gymnastik					LL LL	LLZ	ZG <mark>LL LI</mark>	LL	ZG LL	LL Z	G LL L	L ZG L	LL	L ZG	LL L	L ZG	LL L	L ZG	LL L	ZG				
								5x 3N	lin LL	1min Z	ZG									3x 1r	nin L	L - 1N	lin ZQ	1			
	Mi + Fr	Aufwärmen: zügiges Gehen (ZG)	Gymnastik					LL LL		ZG LL LI		ZGLL		LZGL		LZ	GLL	LL L	L ZG		GLL	ZGL	ZG				
	0									ZG <mark>LL L</mark> I		70.11					0.1.1		. 70		~	701	70			_	
	So	Aufwärmen: zügiges Gehen (ZG) 1ZG - 1LL, 1ZG - 2LL	Gymnastik	0	170 11	L-1ZG .			- LL 2	ZG <mark>LL L</mark>	- L L	ZGLL	LL LI				G <mark>LL</mark> 2L - 1		L ZG	i <mark>LL</mark> Z		ILL -					
				-	- 1	- /	-																_				
	Mi + Fr	ZGLL ZGLL LL ZGLL ZGLL LL ZGLL	Gymnastik			L ZG LL	ZGLL	L LL ZO	G <mark>LL </mark>	_L LL Ll	_ LL	ZG LL	ZGL		L ZG <mark>Z</mark>	LZ	L ZL	LGZ	L ZL				ZG				
		1ZG - 1LL, 1ZG - 2LL		3x 5LL-		_														3x 1L		_					
	So	ZG LL ZG LL LL ZG LL ZG LL LL ZG LL	Gymnastik			L ZG LL		ZG <mark>LL LL</mark>	LL	LL LL Z	GLL	LL LL	ZG LI						L ZG	i <mark>LL</mark> Z							
		1ZG - 1LL, 1ZG - 2LL			1ZG, 1L	L-1ZG, 3											2L - 1				-	L - 1Z					
	Mi + Fr	ZG <mark>LL ZGLL LL ZGLL ZGLL LL ZGLL</mark>	Gymnastik	LL LL I	L LL L		ZG LL I	L LL ZC	GLL		LL	ZGLL	ZG LI	L LL L	L ZG Z	LZ	L ZL	LG Z	L ZL			ZGL	ZG				
		1ZG - 1LL, 1ZG - 2LL		3x 5LL-												_				3x 1L							
	So	ZG LL ZG LL LL ZG LL ZG LL LL ZG LL	Gymnastik		_L LL L	L ZG LL			. LL I	LL LL ZO	GLL	LL LL	ZG LI			LZ	GLL	LL L	L ZG		G LL	ZGL	ZG				
		3x 2LL - 1ZG Gymnastik	2x 6LL - 12	ZG, 8LL -	1ZG														3Z	L - 2L	G	2	LL - 1	ZG			
	Mi + Fr	LL LL ZG LL LL ZG LL LL ZG	LL LL LL		LZGL				ZGI	ננ ננ נו		LL LL	ZG LI	נ ננ נ		LL	LLL	LL Z	GZL	ZL Z	L LG	LGL		ZG			
		3x 2LL - 1ZG Gymnastik	2x 6LL - 12	ZG, 8LL -	1ZG		1 1 1					1 1							2x	3ZL -	2LG						
	So	LL LL ZG LL LL ZG LL LL ZG			LZGL		1		ZGL	LL LL LI		LL LL	ZGL	נ וננ ונ	L LL L	LL		LL Z	GZL	ZL Z	LLG			ZL LG	LG		
		3x 2LL - 1ZG Gymnastik	4x 7LL - 12	ZG																L - 2L			LL - 1		1 - 1 -		
	Mi + Fr	LL LL ZG LL LL ZG LL LL ZG			1 11 7	GU U	11 11 1	1 11 11	ZG		11	11 11	11 70	GUU	LLLL		111	11 7	G ZI	71 7		IGL	11	ZGU	11 70	3	
		3x 2LL - 1ZG Gymnastik	4x 7LL - 12						- 201											3ZL -							
	So	LL LL ZG LL LL ZG LL LL ZG					11 11 1	1 11 11	ZGI		1.1	11 11	11 70		LLL			11 7			_		71	71 1 6			
	50	2x 2LL - 1ZG, 1x 3LL - 1ZG Gym.	2x 10LL - 1				╎┶┶╎┶┶╎╙	╺╘╷╘╘╷╘╘		╘╘╴╎╘╘╴╎╘╹					└──────				ZL - 1					- 1ZG			_
				<u> </u>			7011	1 11 70				LL LL						_				71	-				
		2x 2LL - 1ZG, 1x 3LL - 1ZG Gym.	2x 3LL - 12		╶└╎└└╎└			linuten		└└╎└└	- L L				ZL - 1L					L - 1Z					20		
	0	LL LL ZG LL LL ZG LL LL LL ZG																	-	1 1	-			70			
Min.	So	1x 2LL - 1ZG, 3LL - 1ZG	LL LL LL Gym.	3x 10LL				L LL LL	- LL l					G <mark>ZL</mark> Z	L ZL L	GZ	LIZL		GLL	ILLILI	L 2G	2LL -				_	
		LL LL ZG LL LL LL ZG LL LL ZG LL LL	aym.	-				1 70						70											70		
	Mı + Fr	LL LL ZG LL LL LL ZG LL LL ZG LL LL 2LL - 1ZG, 3LL - 1ZG		20LL - 1		L LL LL	ILL LL L	L ZG LL	- LL l		_ LL		ILL ILI		L LL L ZL - 1L		LILL			LL L L - 1Z			ZG		ZG		
			Gym.		- T																_						
	So	LL LL ZG LL LL LL ZG LL LL ZG LL LL				L LL LL					LL	LL LL	LL Z	G <mark>ZL</mark> Z	LZLL	GZ	L ZL	ZLL	G LL	LL L	L ZG		LL	ZG <mark>LL</mark>		. ZG	
		2LL - 1ZG, 3LL - 1ZG	Gym.	2x 3LL				linuten L																		-	
	Mi + Fr	LL LL ZG LL LL LL ZG LL LL ZG LL LL		LL LL I	L ZG L	L LL LL			LLL	LL LL LI	LL	LL LL	LL LI	L LL L	LLL	LL	LLL	LL L	L LL	LL L	L LL			LL LL	ZGZ		
		2LL - 1ZG, 3LL - 1ZG	Gym.		_		5 kn															Ausla				Dehn	len
	So	LL LL ZG LL LL LL ZG LL LL ZG LL LL		ZL ZL	zl zl z	L ZL ZL				ZL ZL ZI	L ZL	ZL ZL	ZL Z	L ZL Z	L ZL Z	LZ	L ZL	ZL Z	L ZL			ZGZ	GLL	LL LL			
		1ZG -3LL, 1ZG - 2LL	Gym.				60 N	linuten L	LL																		
	Mi + Fr	ZG LL LL LL ZG LL LL ZG LL LL LL			_L LL L						LL	LL LL	LL LI			LL	LLL	LLL	L LL	LL L	LLL		LL				LLL
	Legend		i= zügiges (Gehen	11-1	angsame	s Laufe	n 71-zi		s Laufer	Αυ	elaufon	nichty	vernes	sonl		ZG	ZGI	1 11					11 11	11 11	ZGZ	G

Kontakt: petraschiefer02@aol.com 02159-50546

PaulHoff@web.de