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In 70 Tagen zum gesunden Laufen / Einsteigerprogramm

		Trainingszeit in Minuten Legende	: LG= langsames Gehen ZG= zügiges Gehen LL=langsames Laufen ZL=zügiges Laufen
	Zeit	1 2 3 4 5 6 7 8 9 10 11 12	2 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 6
Traingswoche	Tag		15x 1min LL - 1Min ZG
'	So	Aufwärmen: zügiges Gehen (ZG)	gymnastik LL ZG ZG ZG ZG ZG ZG Ausdehnen
			5x 1min LL - 1Min ZG 8x 2Min LL - 1min ZG
2	Fr	Aufwärmen: zügiges Gehen (ZG)	Gymnastik Gymnastik General State
			2x 3Min LL - 1min ZG 6x 2Min LL - 1min ZG
	So	Aufwärmen: zügiges Gehen (ZG)	Gymnastik Gymnastik Charles Ch
			5x 3Min LL - 1 min ZG 3x 1 min LL - 1 Min ZG
3	Fr	Aufwärmen: zügiges Gehen (ZG)	Gymnastik Gymnastik Charles Ch
		Administra zagiges denen (za)	
	_		
	So	Aufwärmen: zügiges Gehen (ZG)	Gymnastik LL
4		1ZG - 1LL, 1ZG - 2LL	
	Fr	ZG LL ZG LL LL ZG LL ZG LL LL ZG LL	
		1ZG - 1LL, 1ZG - 2LL	3x 5LL-1ZG, 3LL-1ZG 3x 1LL - 1ZG
	So	ZG LL ZG LL LL ZG LL ZG LL LL ZG LI	
5		1ZG - 1LL, 1ZG - 2LL	2x 5LL-1ZG, 1LL-1ZG, 3LL-1ZG 2x 3ZL - 1LG 1LL - 1ZG
5	Fr	ZG LL ZG LL LL ZG LL ZG LL LL ZG LL	
		1ZG - 1LL, 1ZG - 2LL	3x 5LL-1ZG, 3LL-1ZG 3x 1LL - 1ZG
	So	ZG LL ZG LL LL ZG LL ZG LL LL ZG LL	_ Gymnastik 🛛 LL LL LL LL LL LL ZG LL LL LL ZG LL LL LL LL LL LL LL LL ZG LL LL LL ZG LL LL LL LL ZG LL LL LL ZG LL ZG LL ZG LL ZG LL ZG LL ZG
		3x 2LL - 1ZG Gymnastik	,
6	Fr	LL LL ZG LL LL ZG LL LL ZG	LL LL LL LL LL LL ZG LL
		3x 2LL - 1ZG Gymnastik	2x 6LL - 1ZG, 8LL - 1ZG 2x 3ZL - 2LG
	So	LL LL ZG LL LL ZG LL LL ZG	
		3x 2LL - 1ZG Gymnastik	4x 7LL - 1ZG 3ZL - 2LG 2LL - 1ZG
7	Fr	LL LL ZG LL LL ZG LL LL ZG	LL LL LL LL LL LL LL LL ZG LL LL LL LL LL LL LL LL LL ZG LL
		3x 2LL - 1ZG Gymnastik	4x 7LL - 1ZG 2x 3ZL - 2LG
	So	LL LL ZG LL LL ZG LL LL ZG	LL LL LL LL LL LL LL LL ZG LL LL LL LL LL LL LL LL ZG LL
		2x 2LL - 1ZG, 1x 3LL - 1ZG Gym.	2x 10LL - 1ZG, 3LL - 1LL 2x 3ZL - 1LG 3LL - 1ZG
8	Fr	LL LL ZG LL LL ZG LL LL LL ZG	LL ZG LL LL ZG LL LL ZG LL ZG LL LL ZG ZL ZL ZL ZL LG ZL ZL LG LL LL LL ZG
		2x 2LL - 1ZG, 1x 3LL - 1ZG Gym.	2x 3LL - 1ZG 15 Minuten LL 2x 3ZL - 1LG 3LL - 1ZG
Laufabz. 15 Min.	So	LL LL ZG LL LL ZG LL LL LL ZG	
Lauradz. 15 min.	00	1x 2LL - 1ZG, 3LL - 1ZG	Gvm. 3x 10LL - 1ZG
9	Fr		
	FI	2LL - 1ZG, 3LL - 1ZG	Gvm. 20LL - 1ZG 2LL - 1ZG 2LL - 1ZG 2LL - 1ZG 2LL - 12G
	So		
	50	2LL - 1ZG, 3LL - 1ZG	- LL ILL ILL ILL ILL ILL ILL ILL ILL ILL
10	F -	LL LL ZG LL LL LL ZG LL LL ZG LL LL	
	Fr	LL LL ZGLL LL LL ZGLL LL ZG LL LL ZG LL LL 2LL - 1ZG. 3LL - 1ZG	
-	So	LL LL ZG LL LL LL ZG LL LL ZG LL LI	
	Longe	lo: IC langaamaa Cabaa 7	Gym.
	Legen	le: LG= langsames Gehen Z	G= zügiges Gehen LL=langsames Laufen ZL=zügiges Laufen Auslaufen nicht vergessen!
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