Von " 0 auf 5 " Trainingsprogramm



www.otv-la.de

In 70 Tagen zum gesunden Laufen / Einsteigerprogramm 2011

		Trainingszeit in Minuten Legende: LG=	langsames Gehen ZG= zügiges Gehen LL=langsames Laufen ZL=zügiges Laufen
	Zeit		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 60
Traingswoche	Tag		15x 1min LL - 1Min ZG
1	So	Aufwärmen: zügiges Gehen (ZG) Gymnastil	k LL ZG ZG ZG ZG ZG Ausdehnen
2			5x 1min LL - 1Min ZG 8x 2Min LL - 1min ZG
2	Fr	Aufwärmen: zügiges Gehen (ZG) Gymnastil	
			2x 3Min LL - 1min ZG 6x 2Min LL - 1min ZG
	So	Aufwärmen: zügiges Gehen (ZG) Gymnasti	
3			5x 3Min LL - 1min ZG 3x 1min LL - 1Min ZG
	Fr	Aufwärmen: zügiges Gehen (ZG) Gymnastil	k ZG LL ZG LL ZG LL LL LL ZG L
	So	Aufwärmen: zügiges Gehen (ZG) Gymnastil	
4		1ZG - 1LL, 1ZG - 2LL	2x 5LL-1ZG, 1LL-1ZG , 3LL-1ZG
•	Fr	ZG LL ZG LL LL ZG LL ZG LL LL ZG LL Gymnastii	
		1ZG - 1LL, 1ZG - 2LL	3x 5LL-1ZG 3x 1LL - 1ZG
	So	ZG LL ZG LL ZG LL ZG LL ZG LL Gymnastii 1ZG - 1LL 1ZG - 2LL	k LL LL LL LL ZG LL LL LL ZG LL LL LL LL LL LL ZG LL Z
5		ZG LL ZG LL LL ZG LL ZG LL LL ZG LL Gymnasti	
	Fr	1ZG - 1LL, 1ZG - 2LL	3x 5LL-1ZG. 3LL-1ZG 3x 1LL -1ZG. 3LL-1ZG
	So	ZG LL ZG LL LL ZG LL ZG LL LL ZG LL Gymnastii	
	30		- 1ZG, 8LL - 1ZG 3ZL - 2LG 2ZG 1 L
6	Fr	LL LL ZG LL LL ZG LL LL ZG LL LL	
			- 1ZG, 8LL - 1ZG
	So	LL LL ZG LL LL ZG LL LL ZG LL LL L	LL LL LL ZG LL LL LL LL LL LL LL LL ZG LL LL LL LL LL LL ZG LL
		3x 2LL - 1ZG Gymnastik 4x 7LL	
7	Fr	LL LL ZG LL LL ZG LL LL ZG LL LL LL	
		3x 2LL - 1ZG Gymnastik 4x 7LL	
	So		LL LL LL LL LL LC LL LL LL LL
			- 1ZG, 3LL - 1LL 2x 3ZL - 1LG 3LL - 1ZG
8	Fr	LL LL ZG LL LL ZG LL LL LL ZG LL LL LL	
		2x 2LL - 1ZG, 1x 3LL - 1ZG Gym. 2x 3LL	
Laufabz. 15 Min.	So	LL LL ZG LL LL ZG LL LL ZG LL LL ZG LL ZG LL LL ZG LL	LL ZG LL LL LL ZG LL
9	_		
	Fr	LL LL ZG LL LL ZG LL LL	LL LL LL LL LL LL LL LL LL ZG LL
	So	LL LL ZG LL LL ZG LL LL ZG LL LL	
	30	2LL - 1ZG, 3LL - 1ZG Gym.	2x 3LL - 1ZG 30 Minuten LL
10	Fr	LL LL ZG LL LL ZG LL LL ZG LL LL	
		2LL - 1ZG, 3LL - 1ZG Gym.	5 km ZL Auslaufen Dehnen
	So	LL LL ZG LL LL ZG LL LL ZG LL LL	ZL Z
		Gym.	
	Legend	de: LG= langsames Gehen ZG= zügige	es Gehen LL=langsames Laufen ZL=zügiges Laufen Auslaufen nicht vergessen!

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