

Rundfahrt am 2021-08-18

wöchentliche Stunden 4

wöchentliche Tage 2

1. Monat -----

Wochenziele 150, 165, 180, 120

Leistungsbereiche 30, 180, 150, 120, 60, 60

2. Monat -----

Wochenziele 165, 180, 210, 150

Leistungsbereiche 35, 200, 175, 145, 70, 70

3. Monat -----

Wochenziele 180, 210, 240, 165

Leistungsbereiche 35, 220, 195, 170, 75, 75

| Datum | Name | Trainingsmethode | Dauer | KB | GA | EB | SB | K123 | K45 |
|------------|------------------------------|------------------|-------|----|----|-----|----|------|-----|
| 2021-05-26 | Intensive Kraftausdauer | Intervall | 60 | 0 | 30 | 0 | 0 | 0 | 30 |
| 2021-05-27 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-05-28 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-05-29 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-05-30 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-05-31 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-01 | Sprinttraining | Wiederholung | 75 | 0 | 15 | 0 | 60 | 0 | 0 |
| 2021-06-02 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-03 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-04 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-05 | Freies Fahrtspiel | Fahrtspiel | 105 | 30 | 15 | 15 | 15 | 15 | 15 |
| 2021-06-06 | Einzelzeitfahrt | Dauerleistung | 60 | 0 | 30 | 0 | 30 | 0 | 0 |
| 2021-06-07 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-08 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-09 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-10 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-11 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-12 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-13 | Sprinttraining | Wiederholung | 30 | 0 | 15 | 0 | 15 | 0 | 0 |
| 2021-06-14 | Extensives Fahrtspiel | Fahrtspiel | 150 | 0 | 15 | 135 | 0 | 0 | 0 |
| 2021-06-15 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-16 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-17 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-18 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-19 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-20 | Intensive Kraftausdauer | Intervall | 45 | 0 | 30 | 0 | 0 | 0 | 15 |
| 2021-06-21 | Extensive Kraftausdauerfahrt | Dauerleistung | 75 | 0 | 30 | 0 | 0 | 45 | 0 |
| 2021-06-22 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-23 | Sprinttraining | Wiederholung | 75 | 0 | 15 | 0 | 60 | 0 | 0 |
| 2021-06-24 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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|------------|---------------------------------|---------------|-----|----|----|----|----|----|----|
| 2021-06-25 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-26 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-27 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-28 | Schnelligkeitsausdauer | Intervall | 90 | 0 | 60 | 0 | 30 | 0 | 0 |
| 2021-06-29 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-30 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-01 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-02 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-03 | Intensive Kraftausdauer | Intervall | 105 | 0 | 45 | 0 | 0 | 0 | 60 |
| 2021-07-04 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-05 | Sprinttraining | Wiederholung | 60 | 0 | 15 | 0 | 45 | 0 | 0 |
| 2021-07-06 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-07 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-08 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-09 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-10 | Freies Fahrtspiel | Fahrtspiel | 195 | 15 | 15 | 75 | 15 | 60 | 15 |
| 2021-07-11 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-12 | Kompensationsfahrt | Dauerleistung | 15 | 15 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-13 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-14 | Intensive Fahrt | Dauerleistung | 45 | 0 | 30 | 15 | 0 | 0 | 0 |
| 2021-07-15 | Extensives Fahrtspiel | Fahrtspiel | 105 | 0 | 15 | 90 | 0 | 0 | 0 |
| 2021-07-16 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-17 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-18 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-19 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-20 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-21 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-22 | Freies Fahrtspiel | Fahrtspiel | 120 | 30 | 15 | 15 | 15 | 0 | 45 |
| 2021-07-23 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-24 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-25 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-26 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-27 | Extensive Kraftausdauerfahrt | Dauerleistung | 60 | 0 | 30 | 0 | 0 | 30 | 0 |
| 2021-07-28 | Extensive Kraftausdauerfahrt | Dauerleistung | 75 | 0 | 45 | 0 | 0 | 30 | 0 |
| 2021-07-29 | Schnelligkeitsausdauer | Intervall | 90 | 0 | 60 | 0 | 30 | 0 | 0 |
| 2021-07-30 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-31 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-01 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-02 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-03 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-04 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-05 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-06 | Intensive Kraftausdauer | Intervall | 60 | 0 | 30 | 0 | 0 | 0 | 30 |

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|------------|-------------------|--------------|-----|---|----|-----|----|----|---|
| 2021-08-07 | Freies Fahrtspiel | Fahrtspiel | 180 | 0 | 15 | 135 | 15 | 15 | 0 |
| 2021-08-08 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-09 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-10 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-11 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-12 | Sprinttraining | Wiederholung | 60 | 0 | 15 | 0 | 45 | 0 | 0 |
| 2021-08-13 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-14 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-15 | Sprinttraining | Wiederholung | 75 | 0 | 15 | 0 | 60 | 0 | 0 |
| 2021-08-16 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |