

Straßeneinzel am 2021-08-16

wöchentliche Stunden 6

wöchentliche Tage 3

1. Monat -----

Wochenziele 230, 259, 288, 201

Leistungsbereiche 48, 342, 244, 97, 97, 146

2. Monat -----

Wochenziele 259, 291, 324, 226

Leistungsbereiche 55, 374, 275, 121, 110, 165

3. Monat -----

Wochenziele 288, 324, 360, 252

Leistungsbereiche 61, 403, 306, 146, 122, 183

| Datum | Name | Trainingsmethode | Dauer | KB | GA | EB | SB | K123 | K45 |
|------------|----------------------------|------------------|-------|----|----|----|----|------|-----|
| 2021-05-24 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-05-25 | Kompensationsfahrt | Wiederholung | 45 | 0 | 30 | 0 | 15 | 0 | 0 |
| 2021-05-26 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-05-27 | Intensives Fahrtspiel | Fahrtspiel | 60 | 0 | 30 | 15 | 15 | 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 | Intensive Kraftausdauer | Intervall | 120 | 0 | 30 | 0 | 0 | 0 | 90 |
| 2021-05-31 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-01 | Extensive Kraftfahrt | Dauerleistung | 120 | 0 | 30 | 0 | 0 | 90 | 0 |
| 2021-06-02 | Extensive Fahrt | Dauerleistung | 60 | 0 | 60 | 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 | Sprinttraining | Fahrtspiel | 75 | 0 | 30 | 30 | 15 | 0 | 0 |
| 2021-06-06 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-07 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-08 | Intensive Fahrt | Dauerleistung | 90 | 0 | 60 | 30 | 0 | 0 | 0 |
| 2021-06-09 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-10 | Intensives Fahrtspiel | Fahrtspiel | 90 | 15 | 30 | 30 | 15 | 0 | 0 |
| 2021-06-11 | Extensives Fahrtspiel | Intervall | 105 | 0 | 60 | 0 | 0 | 0 | 45 |
| 2021-06-12 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-13 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-14 | Extensive Fahrt | Wiederholung | 45 | 0 | 30 | 0 | 15 | 0 | 0 |
| 2021-06-15 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-16 | Kompensationsfahrt | Dauerleistung | 30 | 30 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-17 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-18 | Kompensationsfahrt | Fahrtspiel | 120 | 0 | 30 | 90 | 0 | 0 | 0 |
| 2021-06-19 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-20 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-21 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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|------------|----------------------------|---------------|-----|----|----|-----|----|-----|-----|
| 2021-06-22 | Kompensationsfahrt | Wiederholung | 45 | 0 | 30 | 0 | 15 | 0 | 0 |
| 2021-06-23 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-24 | Intensives Fahrtspiel | Fahrtspiel | 75 | 15 | 30 | 15 | 15 | 0 | 0 |
| 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 | Intensive Kraftausdauer | Intervall | 135 | 0 | 30 | 0 | 0 | 0 | 105 |
| 2021-06-28 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-29 | Extensive Kraftfahrt | Dauerleistung | 135 | 0 | 30 | 0 | 0 | 105 | 0 |
| 2021-06-30 | Extensive Fahrt | Dauerleistung | 60 | 0 | 60 | 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 | Sprinttraining | Intervall | 90 | 0 | 60 | 0 | 30 | 0 | 0 |
| 2021-07-04 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-05 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-06 | Intensive Fahrt | Dauerleistung | 120 | 0 | 60 | 60 | 0 | 0 | 0 |
| 2021-07-07 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-08 | Intensives Fahrtspiel | Fahrtspiel | 105 | 0 | 30 | 60 | 15 | 0 | 0 |
| 2021-07-09 | Kompensationsfahrt | Dauerleistung | 90 | 0 | 60 | 30 | 0 | 0 | 0 |
| 2021-07-10 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-11 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-12 | Sprinttraining | Wiederholung | 45 | 0 | 30 | 0 | 15 | 0 | 0 |
| 2021-07-13 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-14 | Extensives Fahrtspiel | Dauerleistung | 30 | 30 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-15 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-16 | Intensives Fahrtspiel | Fahrtspiel | 150 | 0 | 30 | 105 | 15 | 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 | Intensives Fahrtspiel | Fahrtspiel | 105 | 0 | 30 | 45 | 30 | 0 | 0 |
| 2021-07-21 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-22 | Intensives Fahrtspiel | Fahrtspiel | 90 | 15 | 30 | 30 | 15 | 0 | 0 |
| 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 | Intensive Kraftausdauer | Intervall | 90 | 0 | 30 | 0 | 0 | 0 | 60 |
| 2021-07-26 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-27 | Extensive Kraftfahrt | Dauerleistung | 150 | 0 | 30 | 0 | 0 | 120 | 0 |
| 2021-07-28 | Extensive Fahrt | Dauerleistung | 60 | 0 | 60 | 0 | 0 | 0 | 0 |
| 2021-07-29 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-30 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-31 | Sprinttraining | Wiederholung | 75 | 0 | 30 | 0 | 45 | 0 | 0 |

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|------------|----------------------------|---------------|-----|----|----|-----|----|---|-----|
| 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 | Intensive Fahrt | Dauerleistung | 90 | 0 | 60 | 30 | 0 | 0 | 0 |
| 2021-08-04 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-05 | Intensives Fahrtspiel | Fahrtspiel | 90 | 15 | 30 | 30 | 15 | 0 | 0 |
| 2021-08-06 | Intensive Kraftausdauer | Intervall | 180 | 0 | 60 | 0 | 0 | 0 | 120 |
| 2021-08-07 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-08 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-09 | Sprinttraining | Wiederholung | 60 | 0 | 30 | 0 | 30 | 0 | 0 |
| 2021-08-10 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-11 | Kompensationsfahrt | Dauerleistung | 30 | 30 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-12 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-13 | Extensives Fahrtspiel | Fahrtspiel | 150 | 0 | 30 | 120 | 0 | 0 | 0 |
| 2021-08-14 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |