

Straßeneinzel am 2021-08-22

wöchentliche Stunden 8

wöchentliche Tage 4

1. Monat -----

Wochenziele 300, 345, 375, 255

Belastungsbereiche 60, 435, 315, 120, 120, 180

2. Monat -----

Wochenziele 345, 375, 420, 300

Belastungsbereiche 60, 480, 360, 150, 135, 210

3. Monat -----

Wochenziele 375, 420, 480, 330

Belastungsbereiche 75, 525, 390, 180, 150, 240

| Datum      | Name                    | Trainingsmethode | Dauer | KB | GA | EB  | SB | K123 | K45 |
|------------|-------------------------|------------------|-------|----|----|-----|----|------|-----|
| 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 | Freies Fahrtspiel       | Fahrtspiel       | 60    | 0  | 15 | 15  | 15 | 15   | 0   |
| 2021-06-02 | Intensive Kraftausdauer | Intervall        | 105   | 0  | 30 | 0   | 0  | 0    | 75  |
| 2021-06-03 | Freies Fahrtspiel       | Fahrtspiel       | 75    | 0  | 15 | 15  | 15 | 15   | 15  |
| 2021-06-04 | Pause                   | Pause            | 0     | 0  | 0  | 0   | 0  | 0    | 0   |
| 2021-06-05 | Fettstoffwechselfahrt   | Dauerleistung    | 60    | 0  | 60 | 0   | 0  | 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 | Extensive Fahrt         | Dauerleistung    | 30    | 0  | 30 | 0   | 0  | 0    | 0   |
| 2021-06-09 | Pause                   | Pause            | 0     | 0  | 0  | 0   | 0  | 0    | 0   |
| 2021-06-10 | Freies Fahrtspiel       | Fahrtspiel       | 120   | 0  | 60 | 15  | 15 | 15   | 15  |
| 2021-06-11 | Intensive Kraftausdauer | Intervall        | 75    | 0  | 60 | 0   | 0  | 0    | 15  |
| 2021-06-12 | Freies Fahrtspiel       | Fahrtspiel       | 75    | 0  | 15 | 15  | 15 | 15   | 15  |
| 2021-06-13 | Kompensationsfahrt      | Dauerleistung    | 30    | 30 | 0  | 0   | 0  | 0    | 0   |
| 2021-06-14 | Pause                   | Pause            | 0     | 0  | 0  | 0   | 0  | 0    | 0   |
| 2021-06-15 | Extensives Fahrtspiel   | Fahrtspiel       | 30    | 0  | 15 | 15  | 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 | Sprinttraining          | Wiederholung     | 30    | 0  | 15 | 0   | 15 | 0    | 0   |
| 2021-06-19 | Freies Fahrtspiel       | Fahrtspiel       | 285   | 0  | 60 | 210 | 15 | 0    | 0   |
| 2021-06-20 | Kompensationsfahrt      | Dauerleistung    | 30    | 30 | 0  | 0   | 0  | 0    | 0   |
| 2021-06-21 | Sprinttraining          | Wiederholung     | 45    | 0  | 30 | 0   | 15 | 0    | 0   |
| 2021-06-22 | Freies Fahrtspiel       | Fahrtspiel       | 150   | 0  | 15 | 15  | 15 | 60   | 45  |
| 2021-06-23 | Pause                   | Pause            | 0     | 0  | 0  | 0   | 0  | 0    | 0   |
| 2021-06-24 | Pause                   | Pause            | 0     | 0  | 0  | 0   | 0  | 0    | 0   |
| 2021-06-25 | Pause                   | Pause            | 0     | 0  | 0  | 0   | 0  | 0    | 0   |
| 2021-06-26 | Extensives Fahrtspiel   | Fahrtspiel       | 30    | 0  | 15 | 15  | 0  | 0    | 0   |
| 2021-06-27 | Pause                   | Pause            | 0     | 0  | 0  | 0   | 0  | 0    | 0   |

|            |                            |               |     |    |    |     |    |    |     |
|------------|----------------------------|---------------|-----|----|----|-----|----|----|-----|
| 2021-06-28 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-06-29 | Freies Fahrtspiel          | Fahrtspiel    | 75  | 0  | 15 | 15  | 15 | 30 | 0   |
| 2021-06-30 | Intensive<br>Kraftausdauer | Intervall     | 45  | 0  | 30 | 0   | 0  | 0  | 15  |
| 2021-07-01 | Freies Fahrtspiel          | Fahrtspiel    | 165 | 0  | 15 | 30  | 15 | 60 | 45  |
| 2021-07-02 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-07-03 | Fettstoffwechselfahrt      | Dauerleistung | 60  | 0  | 60 | 0   | 0  | 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 | Extensive Fahrt            | Dauerleistung | 60  | 0  | 60 | 0   | 0  | 0  | 0   |
| 2021-07-07 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-07-08 | Freies Fahrtspiel          | Fahrtspiel    | 120 | 0  | 60 | 15  | 15 | 15 | 15  |
| 2021-07-09 | Intensive<br>Kraftausdauer | Intervall     | 75  | 0  | 60 | 0   | 0  | 0  | 15  |
| 2021-07-10 | Freies Fahrtspiel          | Fahrtspiel    | 75  | 0  | 15 | 15  | 15 | 15 | 15  |
| 2021-07-11 | Kompensationsfahrt         | Dauerleistung | 45  | 45 | 0  | 0   | 0  | 0  | 0   |
| 2021-07-12 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-07-13 | Extensives<br>Fahrtspiel   | Fahrtspiel    | 255 | 0  | 15 | 240 | 0  | 0  | 0   |
| 2021-07-14 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-07-15 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-07-16 | Sprinttraining             | Wiederholung  | 30  | 0  | 15 | 0   | 15 | 0  | 0   |
| 2021-07-17 | Freies Fahrtspiel          | Fahrtspiel    | 90  | 0  | 60 | 15  | 15 | 0  | 0   |
| 2021-07-18 | Kompensationsfahrt         | Dauerleistung | 15  | 15 | 0  | 0   | 0  | 0  | 0   |
| 2021-07-19 | Sprinttraining             | Wiederholung  | 45  | 0  | 30 | 0   | 15 | 0  | 0   |
| 2021-07-20 | Freies Fahrtspiel          | Fahrtspiel    | 210 | 0  | 30 | 15  | 45 | 15 | 105 |
| 2021-07-21 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-07-22 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-07-23 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-07-24 | Extensives<br>Fahrtspiel   | Fahrtspiel    | 30  | 0  | 15 | 15  | 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 | Freies Fahrtspiel          | Fahrtspiel    | 105 | 0  | 15 | 15  | 15 | 60 | 0   |
| 2021-07-28 | Intensive<br>Kraftausdauer | Intervall     | 45  | 0  | 30 | 0   | 0  | 0  | 15  |
| 2021-07-29 | Freies Fahrtspiel          | Fahrtspiel    | 165 | 0  | 15 | 15  | 15 | 15 | 105 |
| 2021-07-30 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-07-31 | Fettstoffwechselfahrt      | Dauerleistung | 60  | 0  | 60 | 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 | Extensive Fahrt            | Dauerleistung | 60  | 0  | 60 | 0   | 0  | 0  | 0   |
| 2021-08-04 | Pause                      | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0   |
| 2021-08-05 | Freies Fahrtspiel          | Fahrtspiel    | 120 | 0  | 60 | 15  | 15 | 15 | 15  |
| 2021-08-06 | Intensive<br>Kraftausdauer | Intervall     | 120 | 0  | 60 | 0   | 0  | 0  | 60  |
| 2021-08-07 | Freies Fahrtspiel          | Fahrtspiel    | 120 | 0  | 60 | 15  | 15 | 15 | 15  |
| 2021-08-08 | Kompensationsfahrt         | Dauerleistung | 60  | 60 | 0  | 0   | 0  | 0  | 0   |

|            |                          |               |     |    |    |     |    |    |    |
|------------|--------------------------|---------------|-----|----|----|-----|----|----|----|
| 2021-08-09 | Pause                    | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0  |
| 2021-08-10 | Extensives<br>Fahrtspiel | Fahrtspiel    | 30  | 0  | 15 | 15  | 0  | 0  | 0  |
| 2021-08-11 | Pause                    | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0  |
| 2021-08-12 | Pause                    | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0  |
| 2021-08-13 | Sprinttraining           | Wiederholung  | 30  | 0  | 15 | 0   | 15 | 0  | 0  |
| 2021-08-14 | Freies Fahrtspiel        | Fahrtspiel    | 90  | 0  | 60 | 15  | 15 | 0  | 0  |
| 2021-08-15 | Kompensationsfahrt       | Dauerleistung | 15  | 15 | 0  | 0   | 0  | 0  | 0  |
| 2021-08-16 | Sprinttraining           | Wiederholung  | 45  | 0  | 30 | 0   | 15 | 0  | 0  |
| 2021-08-17 | Freies Fahrtspiel        | Fahrtspiel    | 240 | 0  | 30 | 165 | 15 | 15 | 15 |
| 2021-08-18 | Pause                    | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0  |
| 2021-08-19 | Pause                    | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0  |
| 2021-08-20 | Pause                    | Pause         | 0   | 0  | 0  | 0   | 0  | 0  | 0  |