

Bergfahrt am 2021-08-22

wöchentliche Stunden 8

wöchentliche Tage 4

1. Monat -----

Wochenziele 300, 345, 375, 255

Belastungsbereiche 60, 315, 255, 255, 120, 255

2. Monat -----

Wochenziele 345, 375, 420, 300

Belastungsbereiche 60, 345, 285, 300, 135, 285

3. Monat -----

Wochenziele 375, 420, 480, 330

Belastungsbereiche 75, 360, 315, 345, 150, 315

| 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 | 90 | 0 | 30 | 0 | 0 | 0 | 60 |
| 2021-06-03 | Intensive Kraftausdauer | Intervall | 90 | 0 | 30 | 0 | 0 | 0 | 60 |
| 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 | 195 | 0 | 60 | 15 | 60 | 60 | 0 |
| 2021-06-11 | Freies Fahrtspiel | Fahrtspiel | 60 | 0 | 15 | 15 | 15 | 0 | 15 |
| 2021-06-12 | Freies Fahrtspiel | Fahrtspiel | 60 | 0 | 15 | 15 | 15 | 15 | 0 |
| 2021-06-13 | Kompensationsfahrt | Dauerleistung | 45 | 45 | 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 | 270 | 0 | 60 | 150 | 60 | 0 | 0 |
| 2021-06-20 | Kompensationsfahrt | Dauerleistung | 15 | 15 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-21 | Sprinttraining | Wiederholung | 75 | 0 | 15 | 0 | 60 | 0 | 0 |
| 2021-06-22 | Freies Fahrtspiel | Fahrtspiel | 135 | 0 | 15 | 15 | 15 | 15 | 75 |
| 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 |

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|------------|----------------------------|---------------|-----|----|----|-----|-----|----|-----|
| 2021-06-28 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-06-29 | Freies Fahrtspiel | Fahrtspiel | 60 | 0 | 15 | 15 | 15 | 15 | 0 |
| 2021-06-30 | Intensive Kraftausdauer | Intervall | 45 | 0 | 30 | 0 | 0 | 0 | 15 |
| 2021-07-01 | Freies Fahrtspiel | Fahrtspiel | 180 | 0 | 15 | 15 | 15 | 15 | 120 |
| 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 | 30 | 0 | 30 | 0 | 0 | 0 | 0 |
| 2021-07-07 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-08 | Freies Fahrtspiel | Fahrtspiel | 255 | 0 | 60 | 30 | 15 | 15 | 135 |
| 2021-07-09 | Intensive Kraftausdauer | Intervall | 45 | 0 | 30 | 0 | 0 | 0 | 15 |
| 2021-07-10 | Freies Fahrtspiel | Fahrtspiel | 45 | 0 | 15 | 15 | 15 | 0 | 0 |
| 2021-07-11 | Kompensationsfahrt | Dauerleistung | 15 | 15 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-12 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-13 | Extensives Fahrtspiel | Fahrtspiel | 120 | 0 | 15 | 105 | 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 | 255 | 0 | 60 | 15 | 180 | 0 | 0 |
| 2021-07-18 | Kompensationsfahrt | Dauerleistung | 45 | 45 | 0 | 0 | 0 | 0 | 0 |
| 2021-07-19 | Sprinttraining | Wiederholung | 30 | 0 | 15 | 0 | 15 | 0 | 0 |
| 2021-07-20 | Freies Fahrtspiel | Fahrtspiel | 180 | 0 | 15 | 60 | 15 | 90 | 0 |
| 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 Fahrtspiel | Fahrtspiel | 45 | 0 | 15 | 30 | 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 | 120 | 0 | 15 | 15 | 60 | 15 | 15 |
| 2021-07-28 | Intensive Kraftausdauer | Intervall | 45 | 0 | 30 | 0 | 0 | 0 | 15 |
| 2021-07-29 | Freies Fahrtspiel | Fahrtspiel | 150 | 0 | 15 | 15 | 60 | 15 | 45 |
| 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 | 30 | 0 | 30 | 0 | 0 | 0 | 0 |
| 2021-08-04 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-05 | Freies Fahrtspiel | Fahrtspiel | 210 | 0 | 60 | 15 | 15 | 15 | 105 |
| 2021-08-06 | Intensive Kraftausdauer | Intervall | 75 | 0 | 60 | 0 | 0 | 0 | 15 |
| 2021-08-07 | Freies Fahrtspiel | Fahrtspiel | 105 | 0 | 15 | 15 | 15 | 15 | 45 |
| 2021-08-08 | Kompensationsfahrt | Dauerleistung | 60 | 60 | 0 | 0 | 0 | 0 | 0 |

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|------------|--------------------------|---------------|-----|----|----|----|----|----|---|
| 2021-08-09 | Pause | Pause | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-10 | Extensives Fahrtspiel | Fahrtspiel | 75 | 0 | 15 | 60 | 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 | 75 | 0 | 15 | 0 | 60 | 0 | 0 |
| 2021-08-14 | Freies Fahrtspiel | Fahrtspiel | 210 | 0 | 60 | 15 | 60 | 75 | 0 |
| 2021-08-15 | Kompensationsfahrt | Dauerleistung | 15 | 15 | 0 | 0 | 0 | 0 | 0 |
| 2021-08-16 | Sprinttraining | Wiederholung | 75 | 0 | 15 | 0 | 60 | 0 | 0 |
| 2021-08-17 | Freies Fahrtspiel | Fahrtspiel | 60 | 0 | 15 | 15 | 15 | 15 | 0 |
| 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 |