

Programm TL Spanien, Sevilla/Huelva

FOCUS: routines with stable technique = Quality first

Trainingsplan		Kraft	RLT	MT	ST	Kraft	RLT	MT	ST	Kraft	RLT	MT	ST	Kraft	RLT	MT	ST	Kraft	RLT	MT	ST	Kraft	RLT	MT	ST	Kraft	RLT	MT	ST				
Woche		Montag 22/02/16				Dienstag 23/02/16				Mittwoch 24/02/16				Donnerstag 25/02/16				Freitag 26/02/16				Samstag 27/02/16				Sonntag 28/02/16							
Morgen	Dauer																										00:30		00:13				
	Inhalt																					Basel-Sevilla				Sprint Session 1, Quali (13') Sevilla							
Mittag	Dauer																																
	Inhalt																					Sevilla an: 13:40 Uhr Abfahrt ca. 14:30 Uhr											
Nami	Dauer																										00:30		00:15				
	Inhalt																					Normaler OL Forest Puebla Sud				Sprint Session 2, Final (15') Sevilla							
Abend	Dauer																																
	Inhalt																					Teammeeting											
Kraft-/Tempototal		00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:45	00:00	00:00	00:00	00:00	01:00	00:00	00:28			
Tagestotal		00:00	Ausdauer			00:00	00:00	Ausdauer		00:00	00:00	Ausdauer			00:00	00:00	Ausdauer			00:00	00:00	Ausdauer			00:45	Ausdauer			00:45	01:28	Ausdauer		01:28
														Mitteltempo		0%		Total Mitteltempo (MT)				00:00		Krafttotal		00:00							
														Schnelles Tempo		21%		Total schnelles Tempo (ST)				00:28		Total Ausd.		02:13							
														Tempo		21%		Tempototal				00:28		Wochentotal		02:13							

Trainingsplan		Kraft	RLT	MT	ST	Kraft	RLT	MT	ST	Kraft	RLT	MT	ST	Kraft	RLT	MT	ST	Kraft	RLT	MT	ST	Kraft	RLT	MT	ST	Kraft	RLT	MT	ST
Woche		Montag 29/02/16				Dienstag 01/03/16				Mittwoch 02/03/16				Donnerstag 03/03/16				Freitag 04/03/16				Samstag 05/03/16				Sonntag 06/03/16			
Morgen	Dauer		00:30	00:15	00:10		00:45				00:30		00:30		00:30		00:25		00:30				00:30		00:15				
	Inhalt	Sprint Warm-up techniktraining (15'), Sprint Oneman-Relay (10'),San Lucar OR Forest, Puebla Norte				SiMu-Training by Vroni Punta Umbria South				Middle Pinares de Cartaya II				One Man Relay, Playa del Portil South 3-4x7' fast				Normal OL (red. Karte) Cartaya OR Sprint Punta Umbria, Easy Training				Sprint Relay (15')							
Mittag	Dauer																												
	Inhalt																					14:15 Uhr Abflug							
Nami	Dauer		01:00				01:00			00:45					01:00				00:45	00:30									
	Inhalt	Long legs Punta Umbria South *HE 75', HDE 60', DE 60'				Green HöKu-Compass Matalascanas *HE 75', HDE 60', DE 60'				Physioinput drosale Kette Kraft / Dehnen / Entspannen Running Technique and Force				Multitechnique Punta Umbria Central *HE 75', HDE 60', DE 60'				Long with forking, Playa de Portil North *HE 90', HDE 75', DE 75'				16:50 Ankunft Basel							
Abend	Dauer										00:30																		
	Inhalt	SiMu By Vroni								Night O mandatory Punta Umbria Playa Botta (Forest Sprint)								Auslosung Sprint Realy Teams; Sprint-Relay Input											
Kraft-/Tempototal		00:00	01:30	00:15	00:10	00:00	01:45	00:00	00:00	00:45	01:00	00:00	00:30	00:00	01:30	00:00	00:25	00:00	01:15	00:30	00:00	00:00	00:30	00:00	00:15	00:00	00:00	00:00	
Tagestotal		01:55	Ausdauer		01:55	01:45	Ausdauer		01:45	02:15	Ausdauer		01:30	01:55	Ausdauer		01:55	01:45	Ausdauer		01:45	00:45	Ausdauer		00:45	00:00	Ausdauer		00:00
														Mitteltempo		8%		Total Mitteltempo (MT)				00:45		Krafttotal		00:45			
														Schnelles Tempo		14%		Total schnelles Tempo (ST)				01:20		Total Ausd.		09:35			
														Tempo		22%		Tempototal				02:05		Wochentotal		10:20			