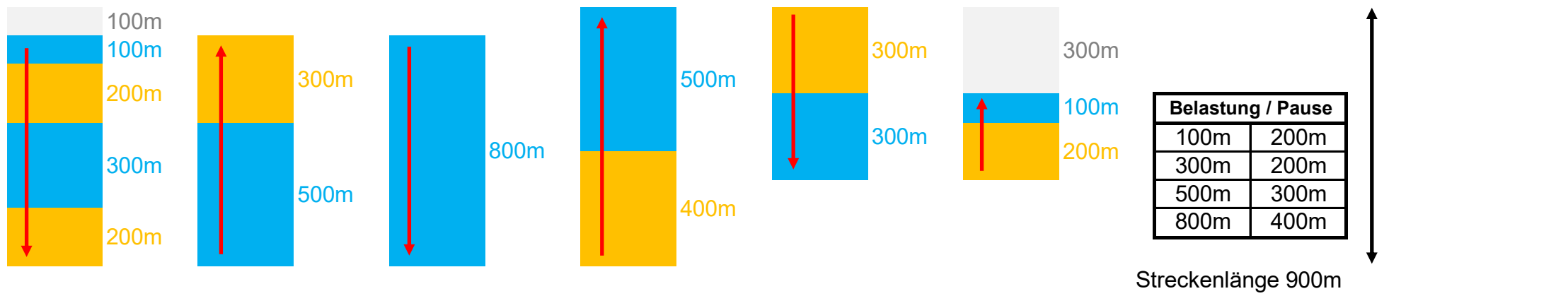
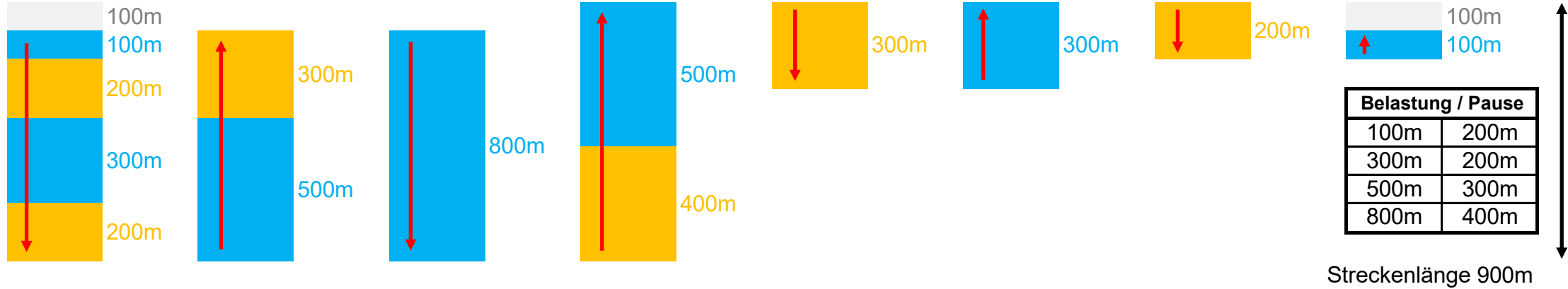


Pyramidentraining (kurz-lang)

Belastung: 100m - 300m - 500m - 800m - 500m - 300m - 100m
Pausen: 200 - 400m
Rückweg: 100m / 300m



Pyramidentraining (kurz-lang)

Belastung: 100m - 300m - 500m - 800m - 500m - 300m - 100m
Pausen: 200 - 400m
Rückweg: 200m

