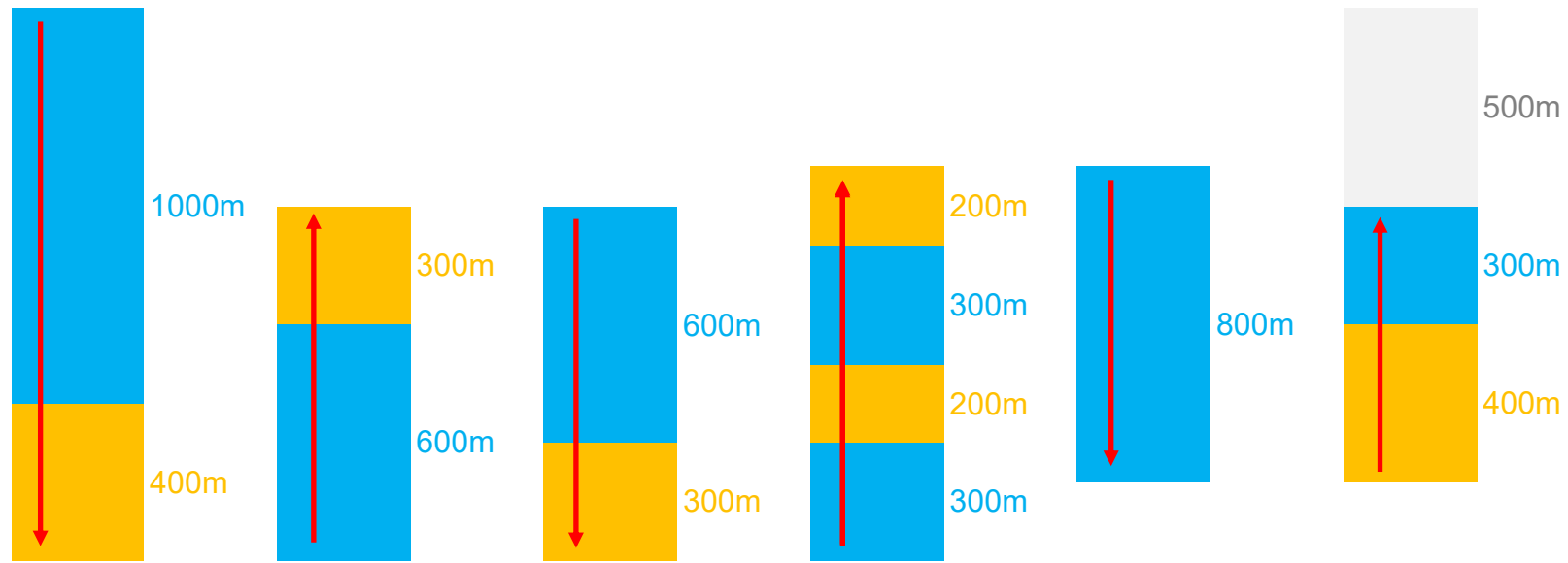


Pyramidentraining (lang-mittel)

Belastung: 1000m - 600m - 600m - 300m - 300m - 800m - 300m

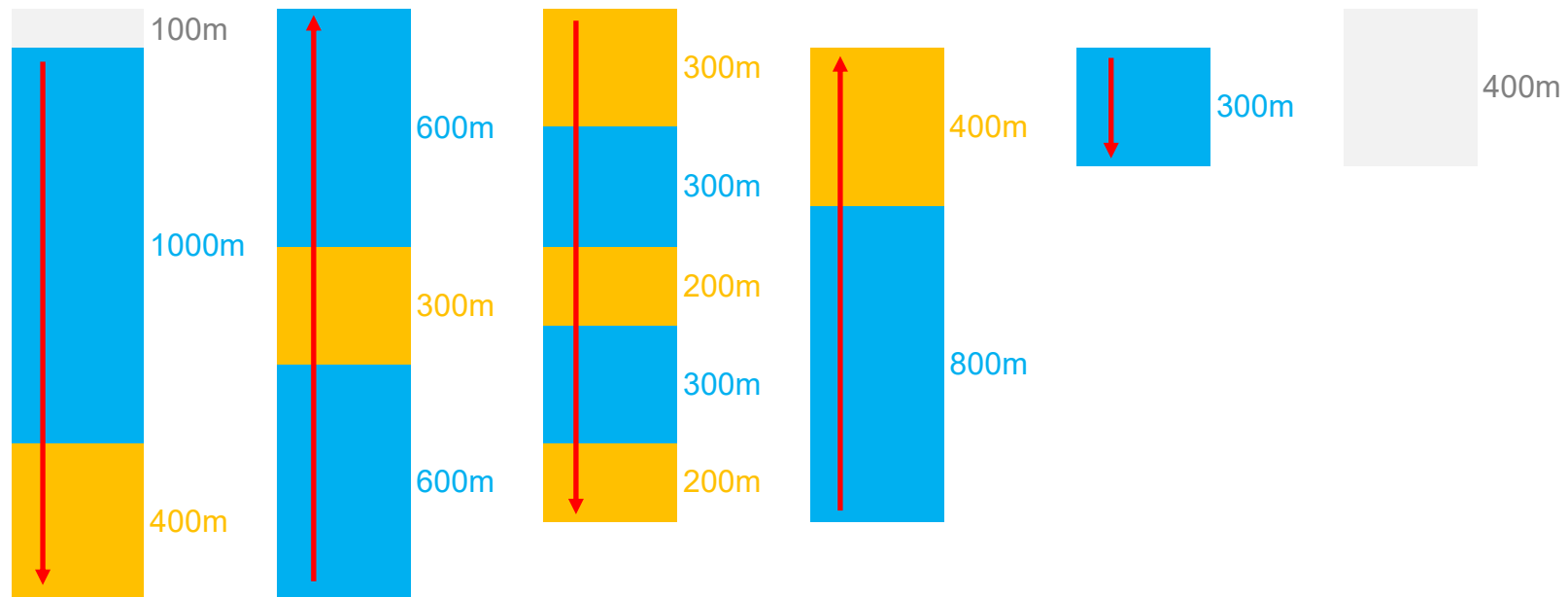
Pausen: 200 - 400m

Rückweg: 500m / 400m



Belastung / Pause	
300m	200m
600m	300m
800m	400m
1000m	400m

Streckenlänge 1.4km



Belastung / Pause	
300m	200m
600m	300m
800m	400m
1000m	400m

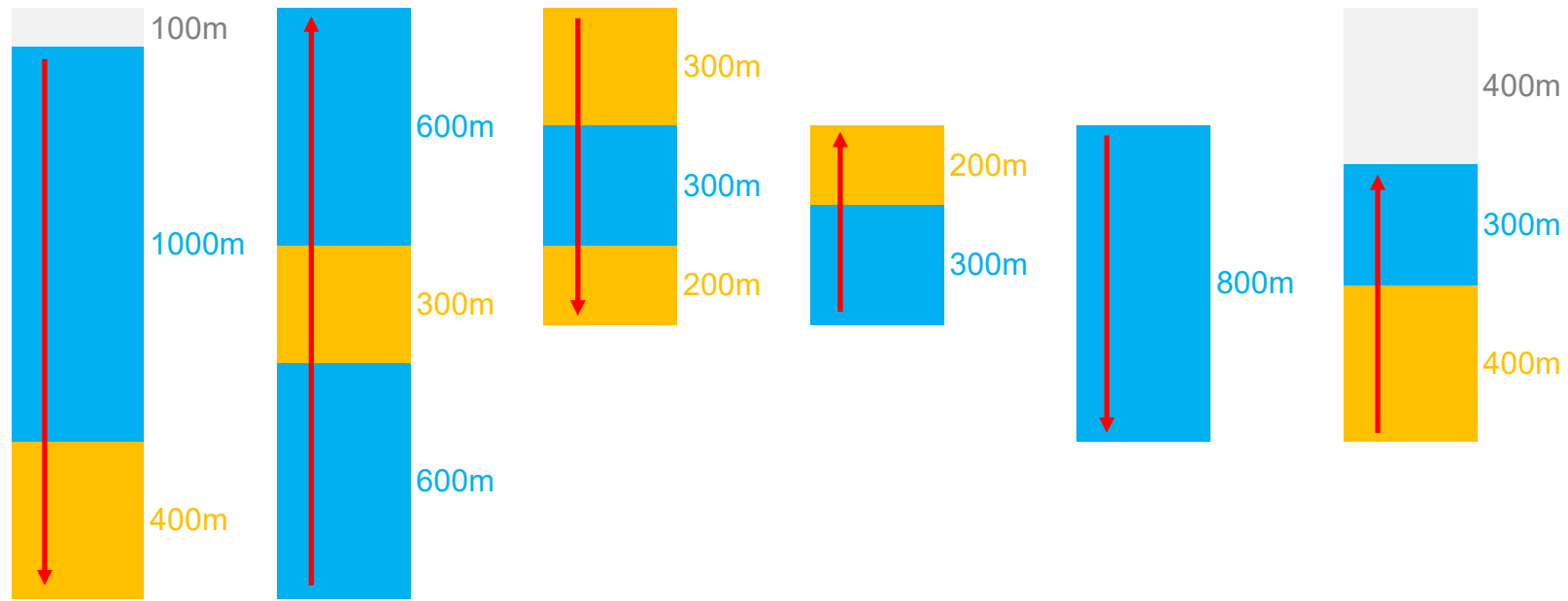
Streckenlänge 1.5km

Pyramidentraining (lang-mittel)

Belastung: 1000m - 600m - 600m - 300m - 300m - 800m - 300m

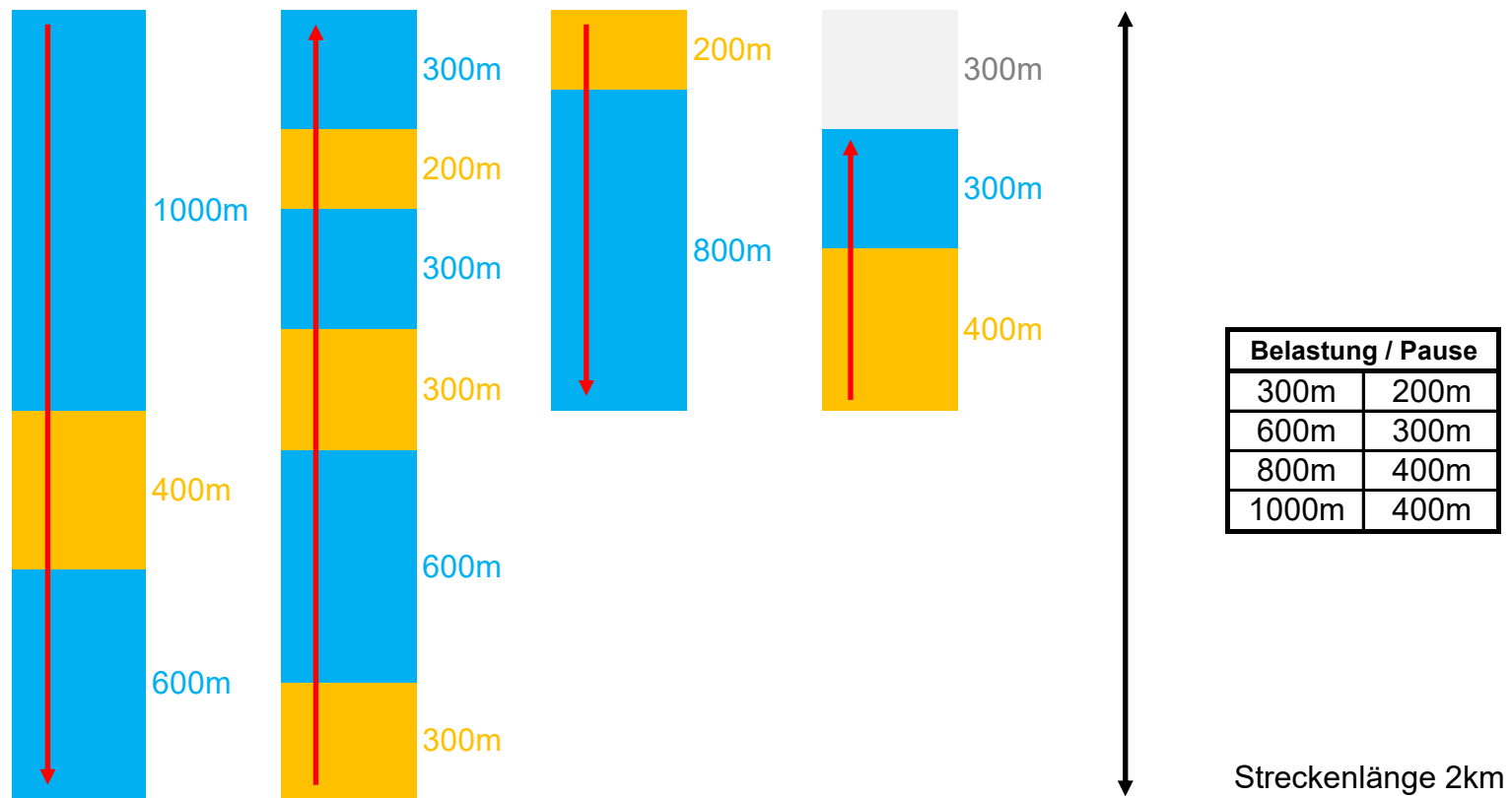
Pausen: 200 - 400m

Rückweg: 400m / 300m



Belastung / Pause	
300m	200m
600m	300m
800m	400m
1000m	400m

Streckenlänge 1.5km



Belastung / Pause	
300m	200m
600m	300m
800m	400m
1000m	400m

Streckenlänge 2km

Pyramidentraining (lang-mittel)

Belastung: 1000m - 600m - 600m - 300m - 300m - 800m - 300m

Pausen: 200 - 400m

Rückweg: 500m / 300m / 100m

