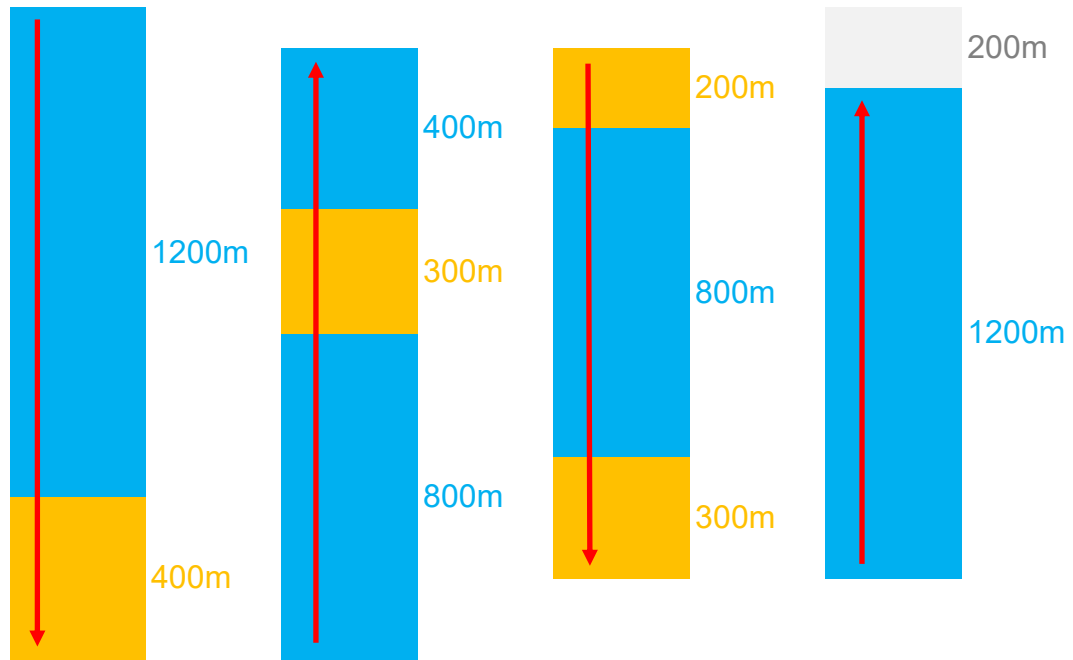


Pyramidentraining (lang-mittel)

Belastung: 1200m - 800m - 400m - 800m - 1200m

Pausen: 200 - 400m

Rückweg: 200m



| Belastung / Pause | |
|-------------------|------|
| 400m | 200m |
| 800m | 300m |
| 1200m | 400m |

Streckenlänge 1.6km