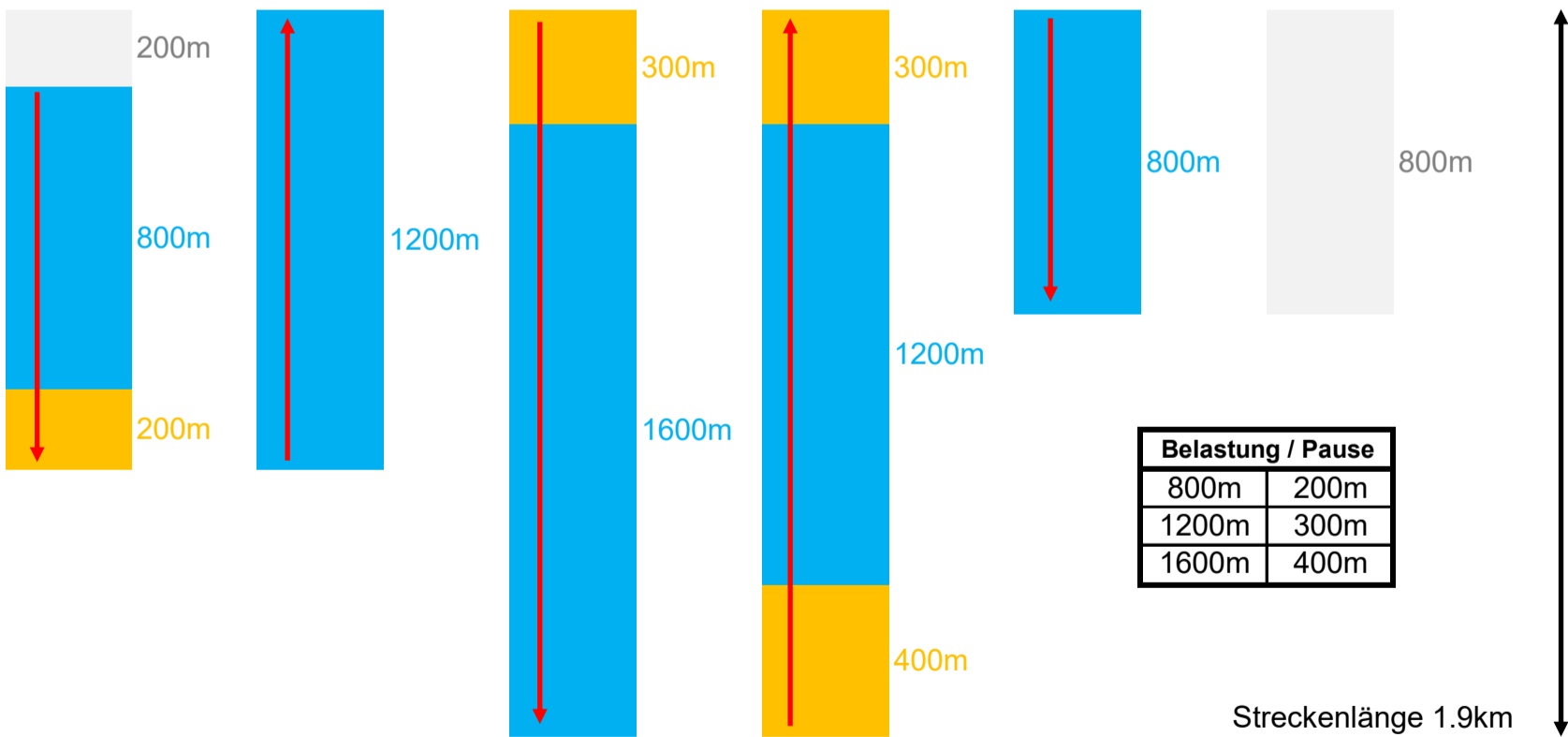
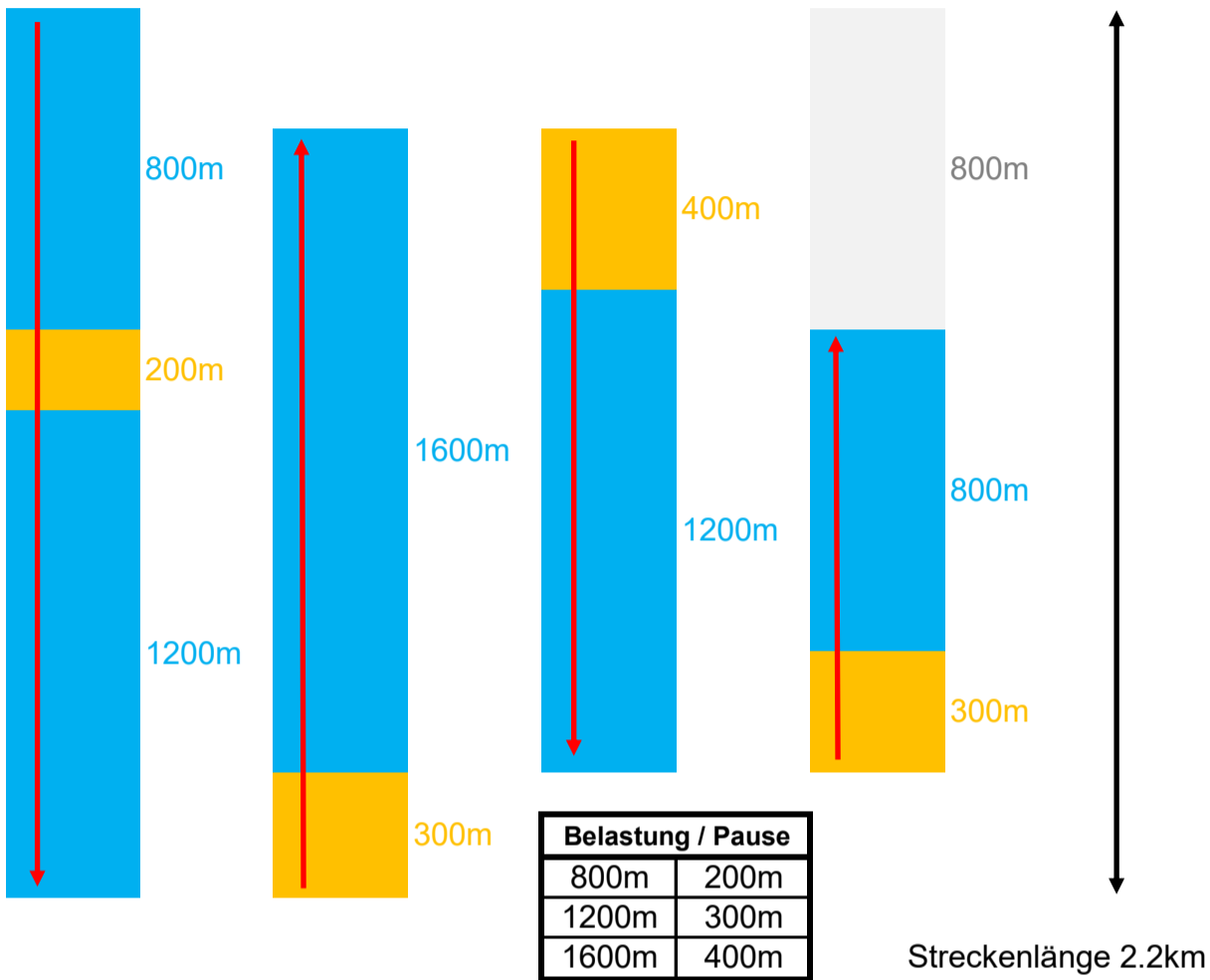


Pyramidentraining (lang)

Belastung: 800m - 1200m - 1600m - 1200m - 800m
Pausen: 200 - 400m
Rückweg: 800m



Pyramidentraining (lang)

Belastung: 800m - 1200m - 1600m - 1200m - 800m
Pausen: 200 - 400m
Rückweg: 800m / 100m

