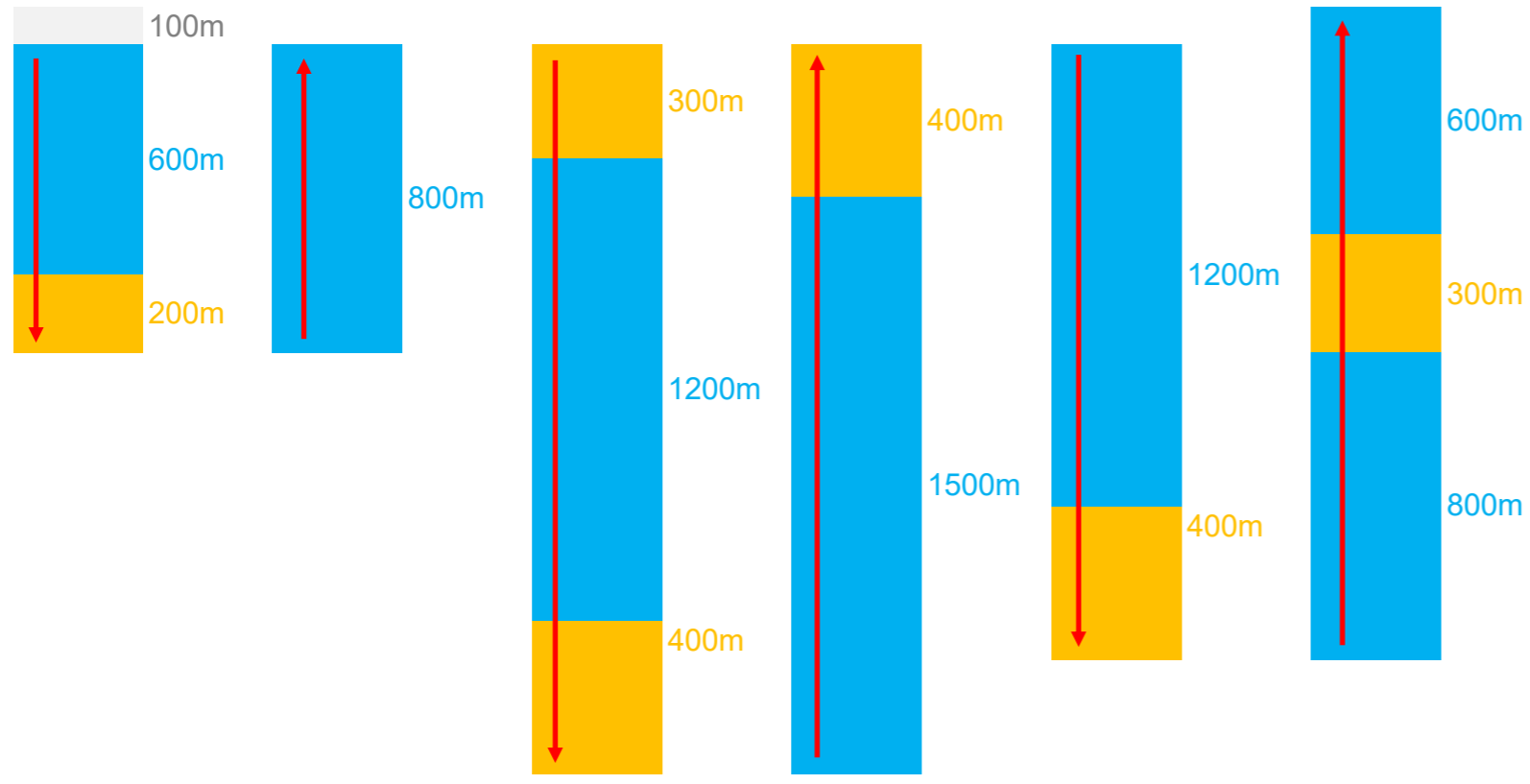


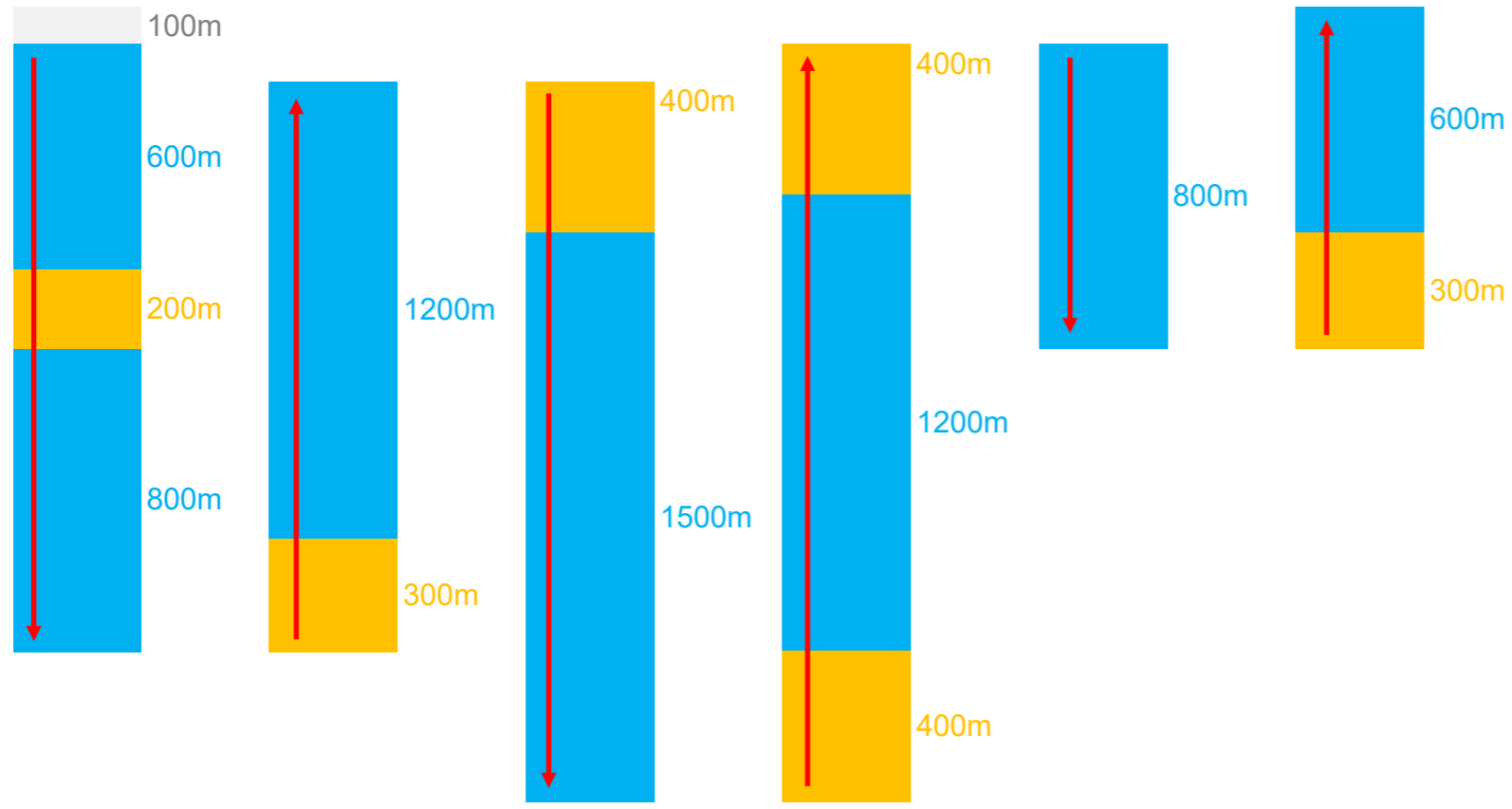
Pyramidentraining (mittel-lang)

Belastung: 600m - 800m - 1200m - 1500m - 1200m - 800m - 600m
Pausen: 200 - 400m
Rückweg: 0m



Belastung / Pause	
600m	200m
800m	300m
1200m	400m
1500m	400m

Streckenlänge 2km



Belastung / Pause	
600m	200m
800m	300m
1200m	400m
1500m	400m

Streckenlänge 2.1km