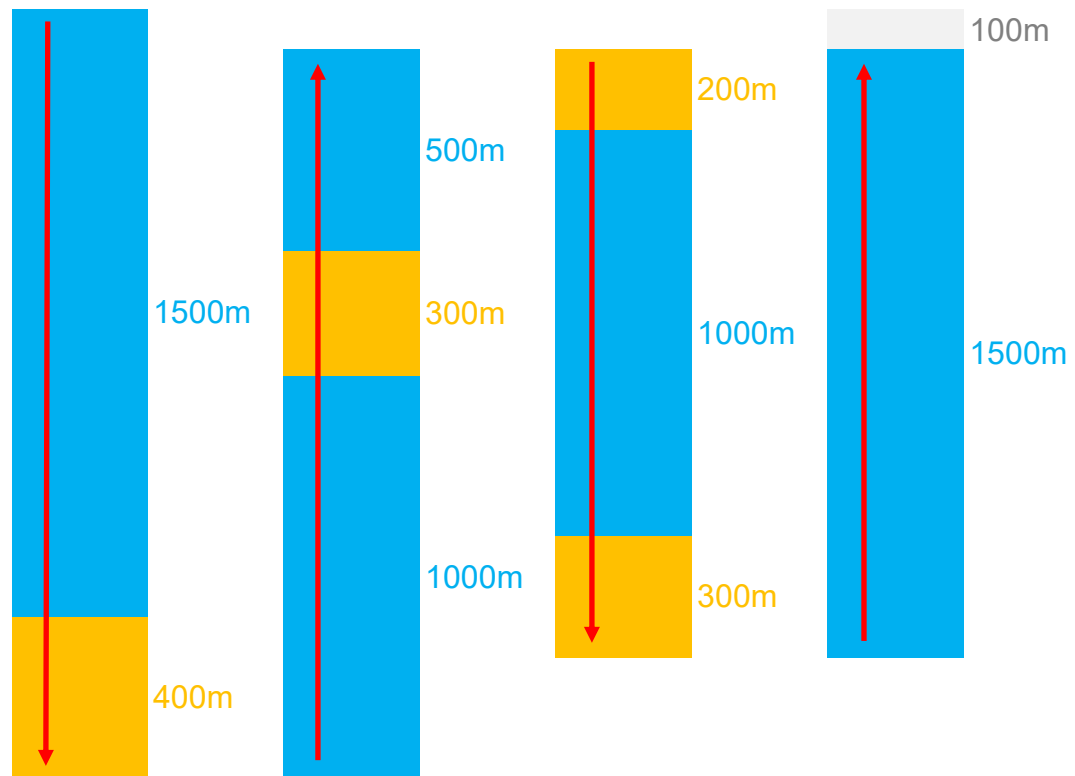


Pyramidentraining (lang-mittel)

Belastung: 1500m - 1000m - 500m - 1000m - 1500m

Pausen: 200 - 400m

Rückweg: 100m



Belastung / Pause	
500m	200m
1000m	300m
1500m	400m

Streckenlänge 1.9km