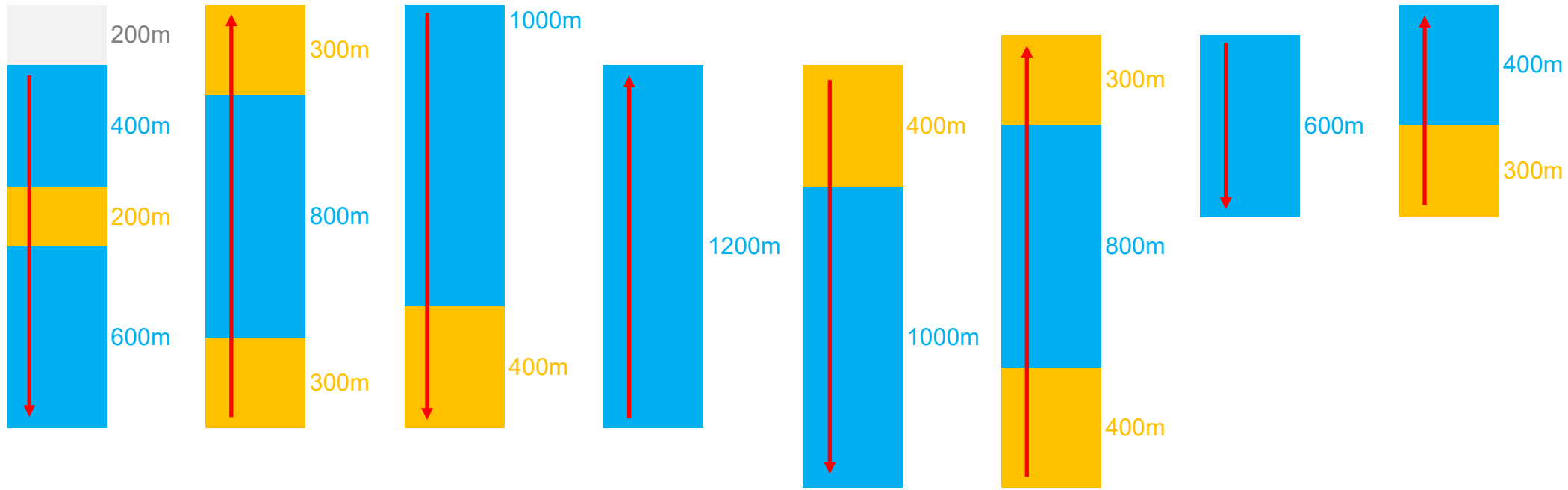


Pyramidentraining (mittel-lang)

Belastung: 400m - 600m - 800m - 1000m - 1200m - 1000m - 800m - 600m - 400m

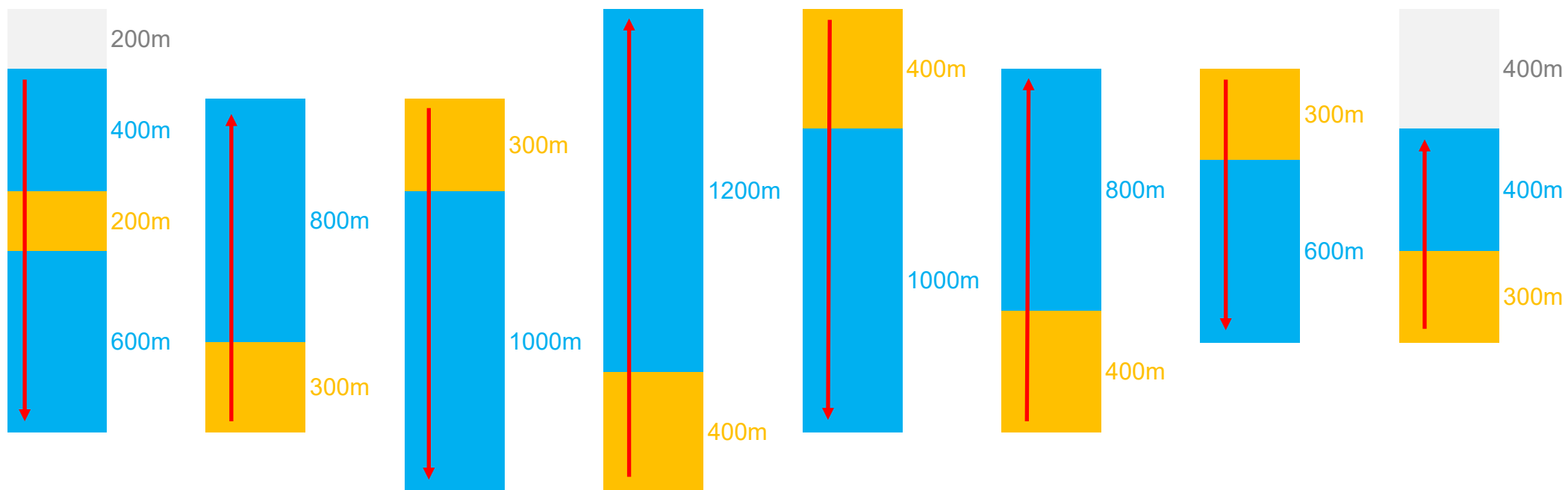
Pausen: 200 - 400m

Rückweg: 0m / 400m



| Belastung / Pause | |
|-------------------|------|
| 400m | 200m |
| 600m | 300m |
| 800m | 300m |
| 1000m | 400m |
| 1200m | 400m |

Streckenlänge 1.6km

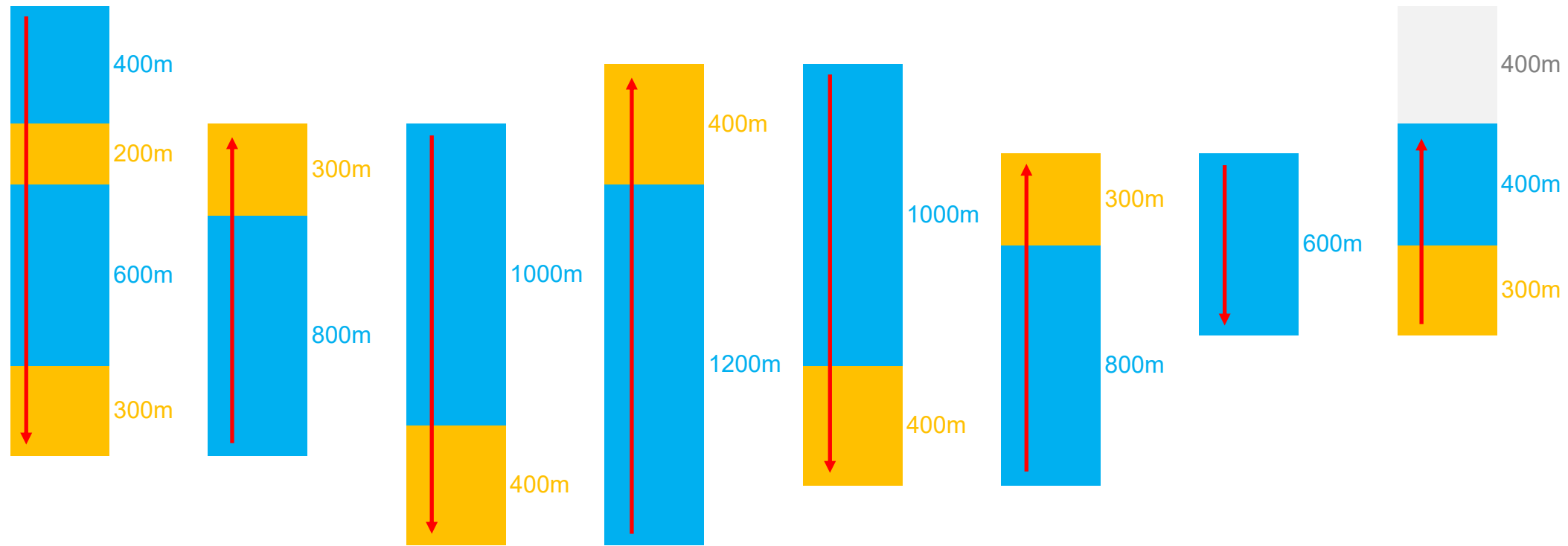


| Belastung / Pause | |
|-------------------|------|
| 400m | 200m |
| 600m | 300m |
| 800m | 300m |
| 1000m | 400m |
| 1200m | 400m |

Streckenlänge 1.6km

Pyramidentraining (mittel-lang)

Belastung: 400m - 600m - 800m - 1000m - 1200m - 1000m - 800m - 600m - 400m
Pausen: 200 - 400m
Rückweg: 400m



| Belastung / Pause | |
|-------------------|------|
| 400m | 200m |
| 600m | 300m |
| 800m | 300m |
| 1000m | 400m |
| 1200m | 400m |

Streckenlänge 1.8km