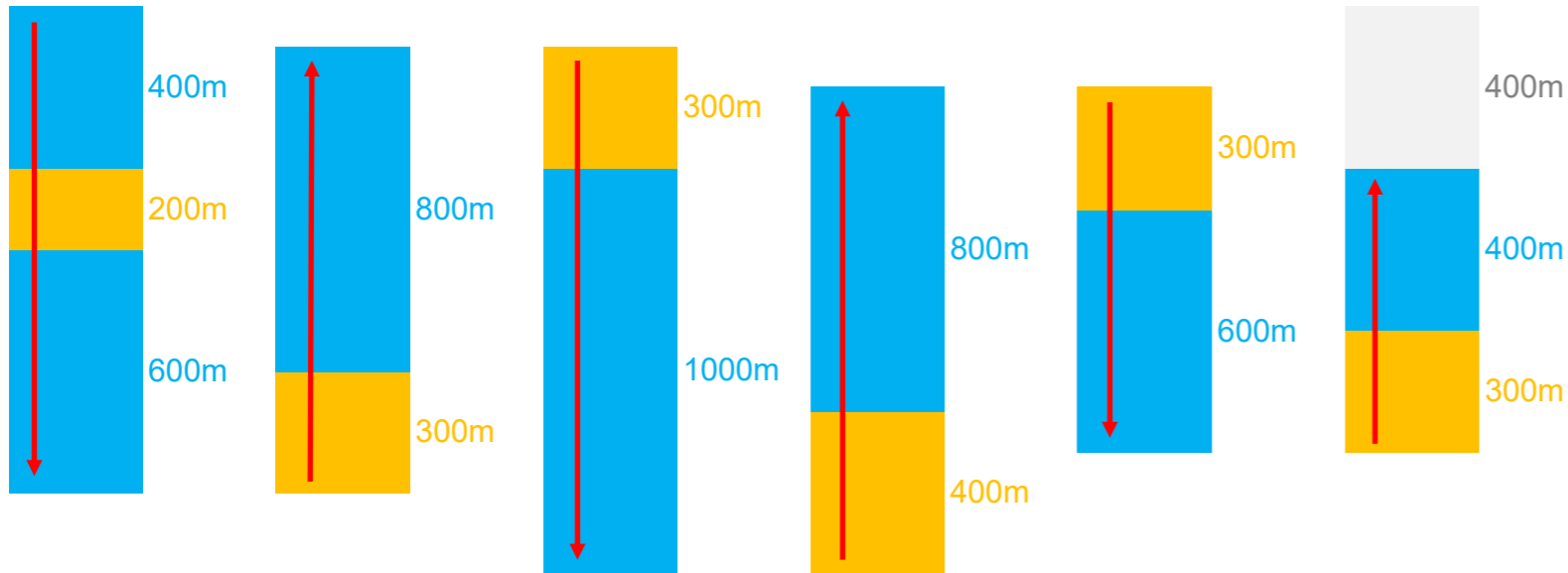


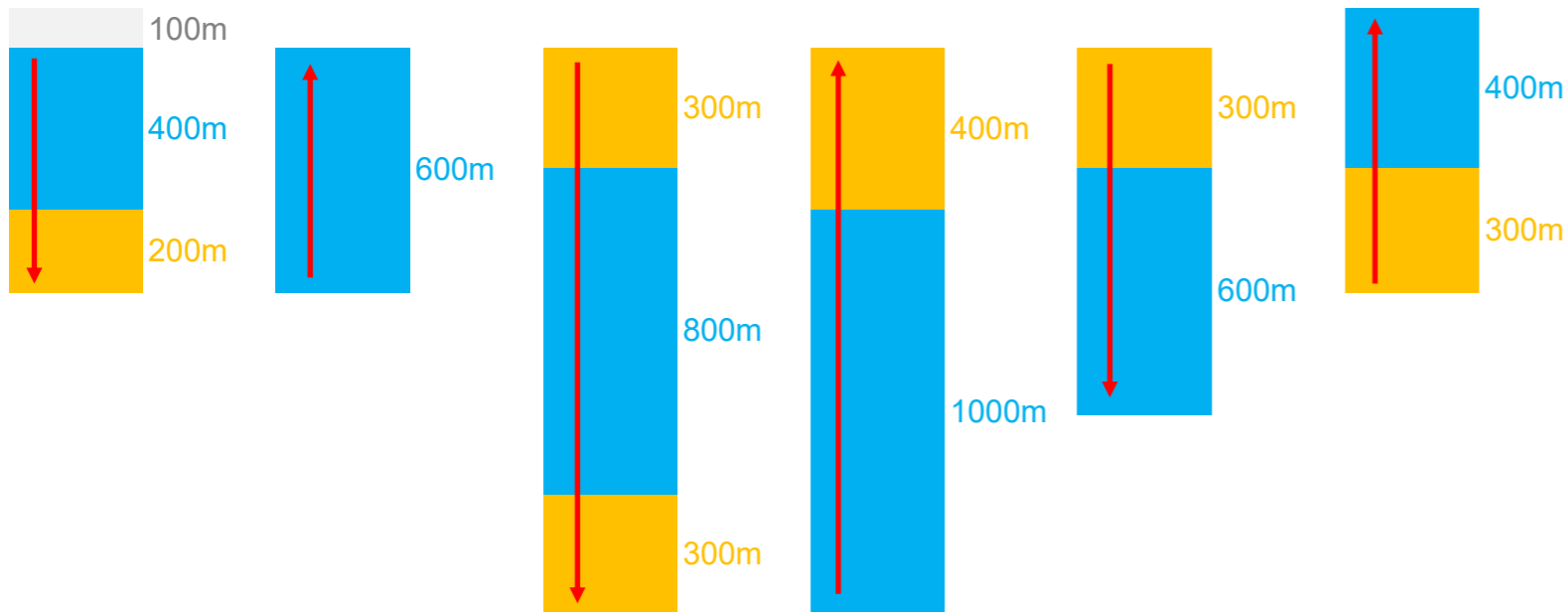
## Pyramidentraining (mittel-lang)

**Belastung:** 400m - 600m - 800m - 1000m - 800m - 600m - 400m  
**Pausen:** 200 - 400m  
**Rückweg:** 400m / 0m



Belastung / Pause	
200m	200m
600m	300m
800m	300m
1000m	400m

Streckenlänge 1.4km



Belastung / Pause	
200m	200m
600m	300m
800m	300m
1000m	400m

Streckenlänge 1.5km