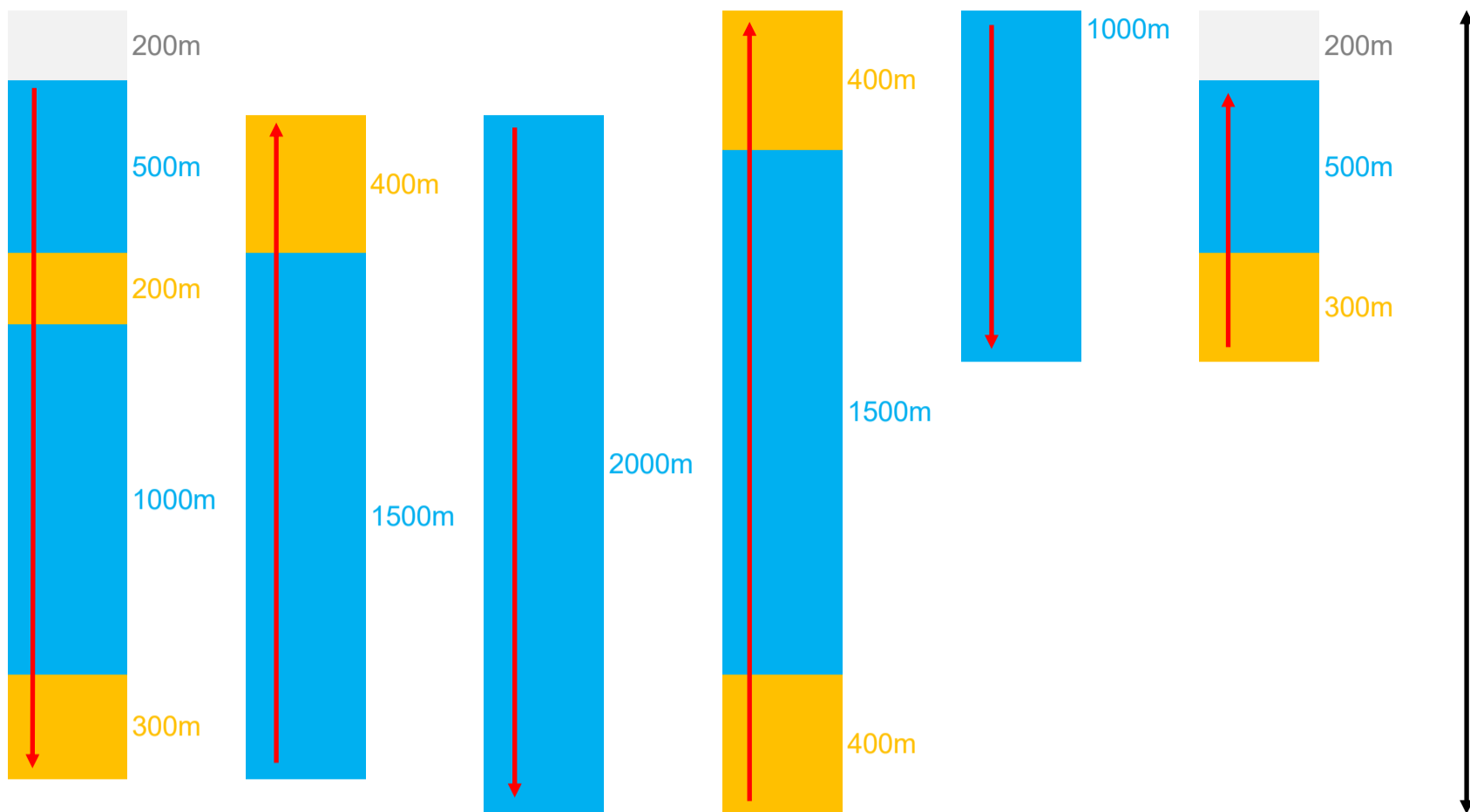


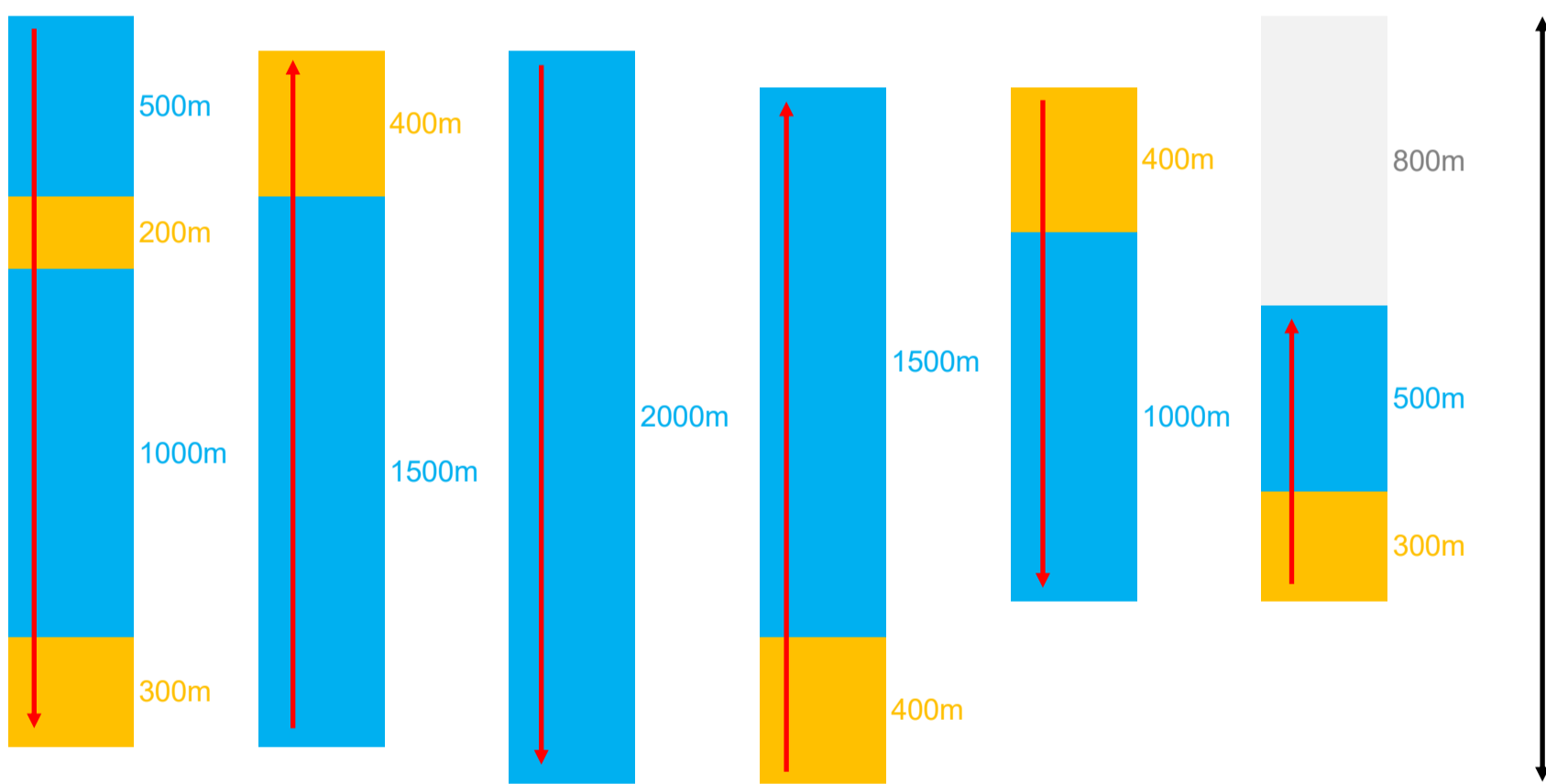
Pyramidentraining (mittel-lang)

Belastung: 500m - 1000m - 1500m - 2000m - 1500m - 1000m - 500m
Pausen: 200 - 400m
Rückweg: 200m / 800m



| Belastung / Pause | |
|-------------------|------|
| 500m | 200m |
| 1000m | 300m |
| 1500m | 400m |
| 2000m | 400m |

Streckenlänge 2.3km



| Belastung / Pause | |
|-------------------|------|
| 500m | 200m |
| 1000m | 300m |
| 1500m | 400m |
| 2000m | 400m |

Streckenlänge 2km