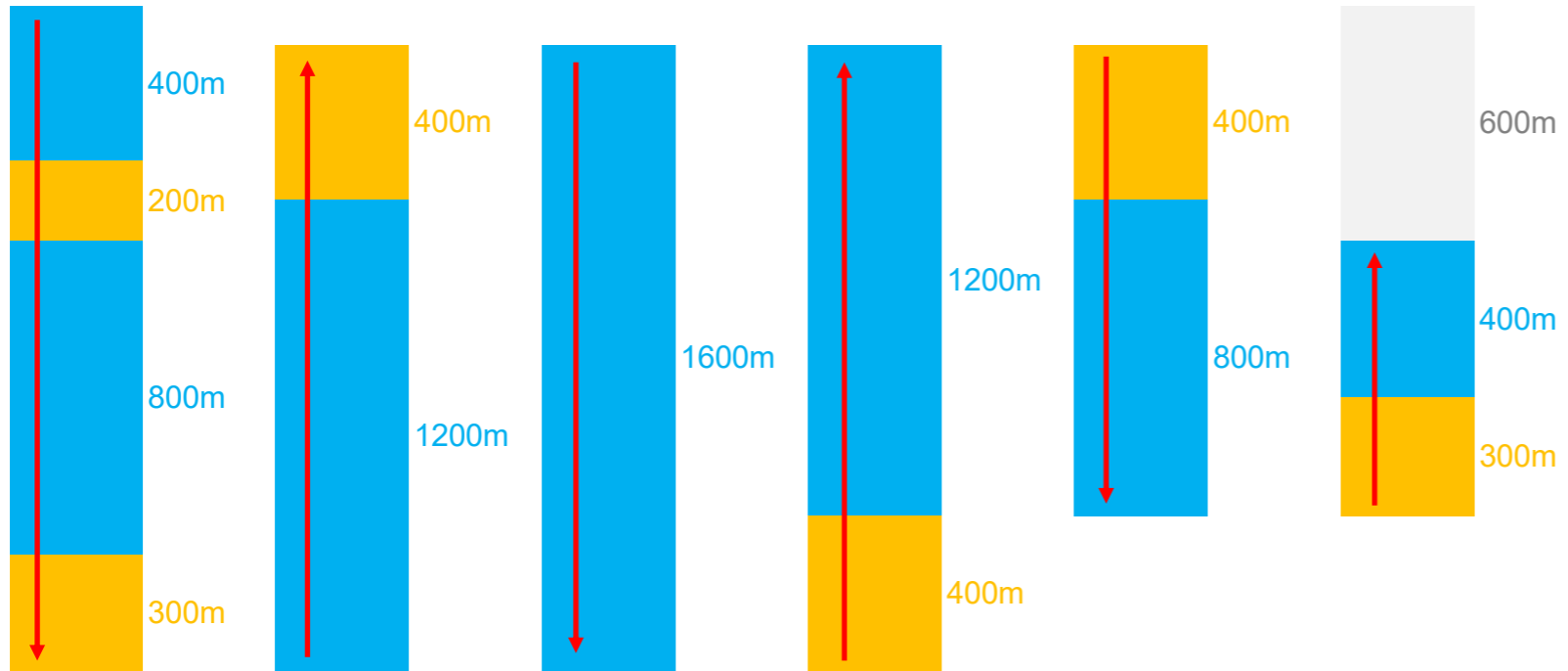


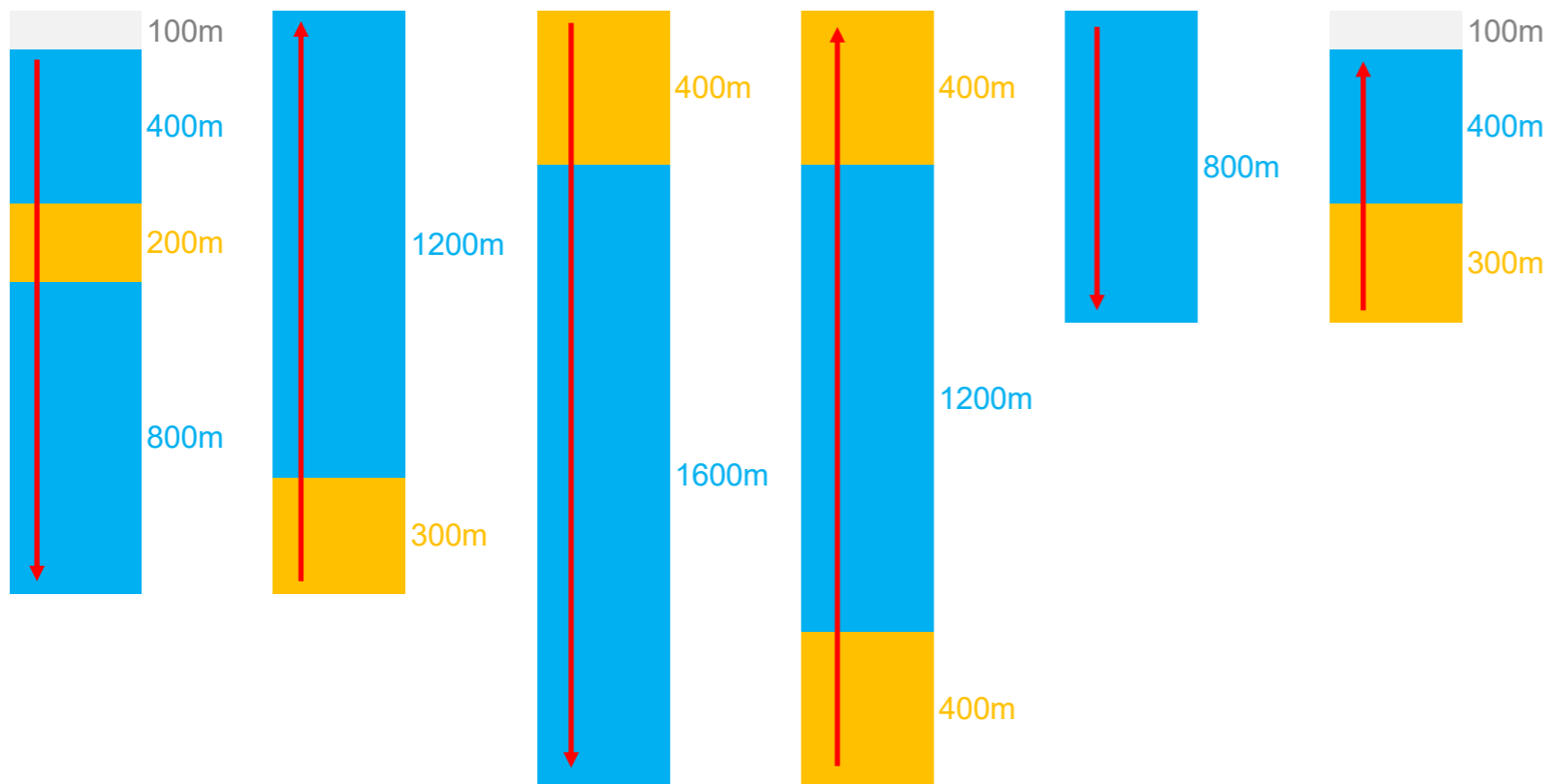
Pyramidentraining (mittel-lang)

Belastung: 400m - 800m - 1200m - 1600m - 1200m - 800m - 400m
Pausen: 200 - 400m
Rückweg: 600m / 100m



Belastung / Pause	
400m	200m
800m	300m
1200m	400m
1600m	400m

Streckenlänge 1.7km



Belastung / Pause	
400m	200m
800m	300m
1200m	400m
1600m	400m

Streckenlänge 2km