

In 12 Wochen vom Jogger zum Fitnessläufer

1. Woche

| Tag | Training | Km |
|-----|---------------------------------|-----|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 30 Min. (60-75% mHF) | 4-5 |
| Do | - | |
| Fr | - | |
| Sa | Ruhiger DL 30 Min. (60-75% mHF) | 4-5 |
| So. | Ruhiger DL 30 Min. (60-75% mHF) | 4-5 |

2. Woche

| Tag | Training | Km |
|-----|---------------------------------|-----|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 30 Min. (60-75% mHF) | 4-5 |
| Do | - | |
| Fr | - | |
| Sa | Ruhiger DL 30 Min. (60-75% mHF) | 4-5 |
| So | Ruhiger DL 40 Min. (70% mHF) | 6 |

3. Woche

| Tag | Training | Km |
|-----|---------------------------------|-----|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 30 Min. (65-80% mHF) | 4-5 |
| Do | - | |
| Fr | - | |
| Sa | Ruhiger DL 30 Min. (65-80% mHF) | 4-5 |
| So. | Ruhiger DL 45 Min. (70% mHF) | 6-7 |

4. Woche

| Tag | Training | Km |
|-----|---------------------------------|-----|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 30 Min. (65-80% mHF) | 4-5 |
| Do | - | |
| Fr | - | |
| Sa | Ruhiger DL 30 Min. (65-80% mHF) | 4-5 |
| So | Ruhiger DL 50 Min. (70% mHF) | 7 |

5. Woche

| Tag | Training | Km |
|-----|---------------------------------|-----|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 40 Min. (65-80% mHF) | 6 |
| Do | - | |
| Fr | - | |
| Sa | Ruhiger DL 30 Min. (65-80% mHF) | 4-5 |
| So. | Ruhiger DL 60 Min. (70% mHF) | 8-9 |

6. Woche

| Tag | Training | Km |
|-----|---------------------------------|----|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 40 Min. (65-80% mHF) | 6 |
| Do | - | |
| Fr | - | |
| Sa | Ruhiger DL 35 Min. (65-80% mHF) | 5 |
| So | Ruhiger DL 70 Min. (70% mHF) | 10 |

DL = Dauerlauf, %mHF = Prozent der maximalen Herzfrequenz

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7. Woche

| Tag | Training | Km |
|-----|---------------------------------|-----|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 40 Min. (70-80% mHF) | 6-7 |
| Do | - | |
| Fr | - | |
| Sa | Ruhiger DL 40 Min. (70-80% mHF) | 6-7 |
| So. | Langsamer DL 70 Min. (70% mHF) | 10 |

8. Woche

| Tag | Training | Km |
|-----|---------------------------------|-------|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 40 Min. (70-80% mHF) | 6-7 |
| Do | - | |
| Fr | - | |
| Sa | Ruhiger DL 40 Min. (60-80% mHF) | 6-7 |
| So | Langsamer DL 80Min. (70% mHF) | 11-12 |

9. Woche

| Tag | Training | Km |
|-----|--|-------|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 40 Min. (70-80% mHF) | 6 |
| Do | - | |
| Fr | - | |
| Sa | DL 45 Min. bergiges Gelände (70-85% mHF) | 6+ |
| So. | Langsamer DL 80 Min. (70% mHF) | 11-12 |

10. Woche

| Tag | Training | Km |
|-----|--|-------|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 40 Min. (70-80% mHF) | 6 |
| Do | - | |
| Fr | - | |
| Sa | Tempo DL 45 Min., darin 20 Min. zügig (80-85% mHF) | 7 |
| So | Langsamer DL 80 Min. (70% mHF) | 11-12 |

11. Woche

| Tag | Training | Km |
|-----|-------------------------------------|----|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 45 Min. (70-90% mHF) | 7 |
| Do | - | |
| Fr | - | |
| Sa | Tempofahrspiel 50 Min. (65-80% mHF) | 8 |
| So. | Langsamer DL 90 Min. (70% mHF) | 13 |

12. Woche

| Tag | Training | Km |
|-----|---|-----|
| Mo | - | |
| Di | - | |
| Mi | Ruhiger DL 30 Min. (65-80% mHF) | 4-5 |
| Do | - | |
| Fr | - | |
| Sa | Tempo DL 50 Min., darin 30 Min zügig (80-85% mHF) | 8+ |
| So | Langsamer DL 90 Min. (70% mHF) | 13 |

DL = Dauerlauf, %mHF = Prozent der maximalen Herzfrequenz