**Trainingstagebuch Bezirkskader Kufstein alpin**

**Beispiel für einen Trainingsablauf**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Kalenderwoche | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
| KW 28 | Vm: Ausdauer Rad 1.30 min  Nm: Koordination 45 min |  | Kraft |  | Vm: Schnelligkeit 45min  Nm: Koordination 45 min | Ausdauer Wandern 2 h |  |
| KW 29 | Vm: Kraft Nm: Koordination 45 min |  | Ausdauer: Intervalle |  | usw… |  | usw… |
| KW 30 |  |  |  |  |  |  |  |
| KW 31 |  |  |  |  |  |  |  |
| KW 32 |  |  |  |  |  |  |  |
| KW 33 |  |  |  |  |  |  |  |
| KW 34 |  |  |  |  |  |  |  |
| KW 35 |  |  |  |  |  |  |  |
| KW 36 |  |  |  |  |  |  |  |