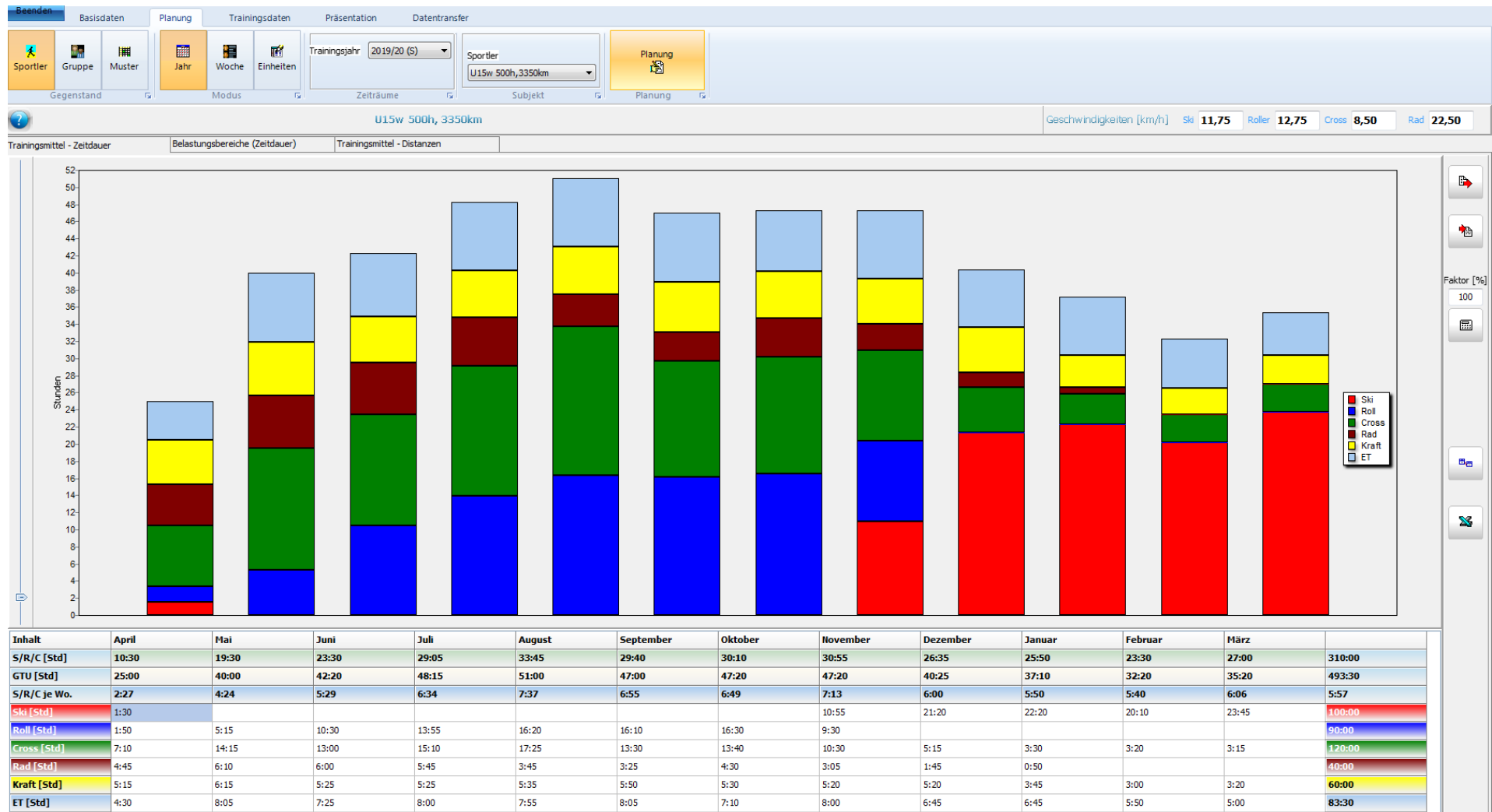
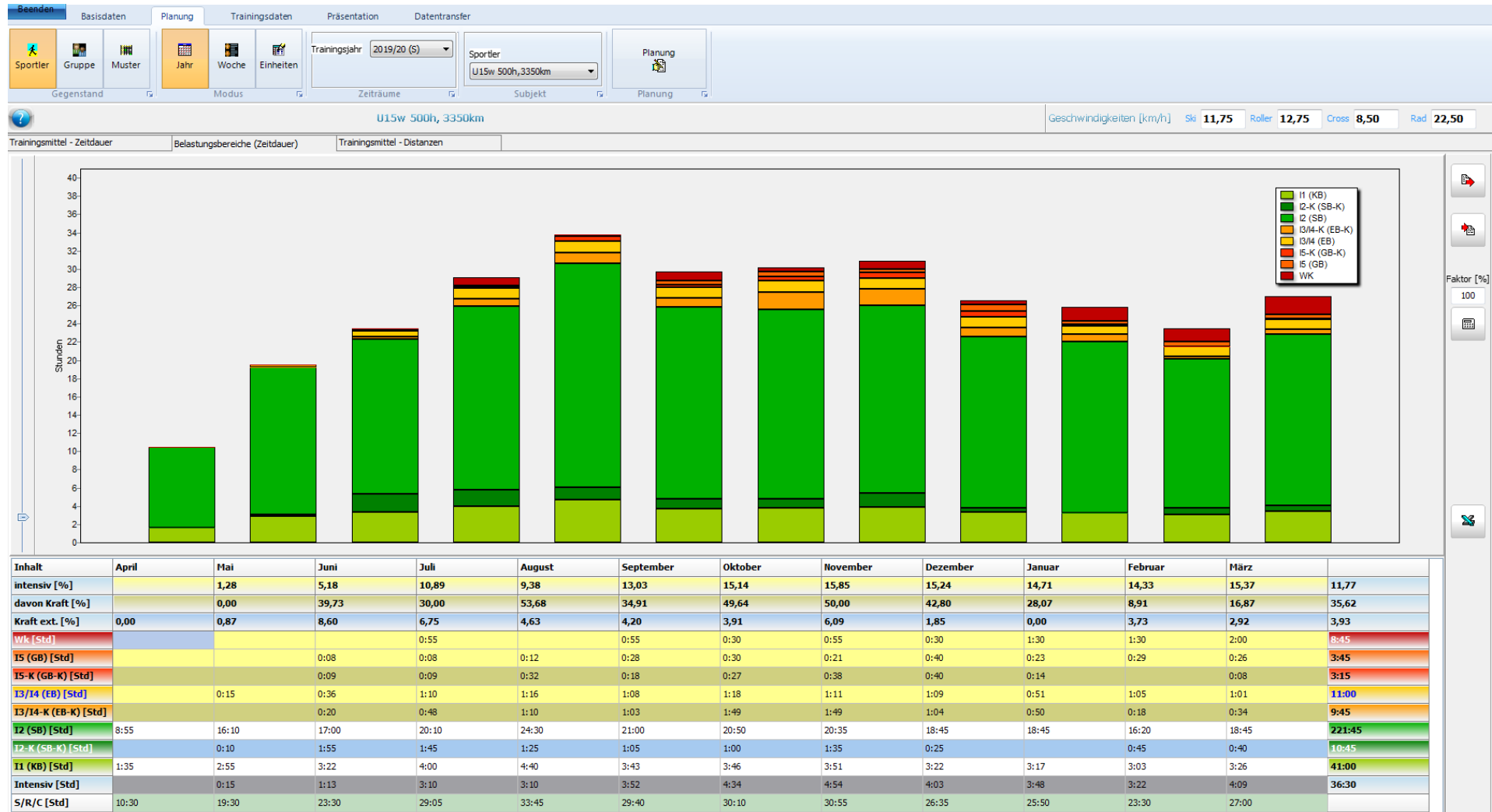


Musterplanung U15w

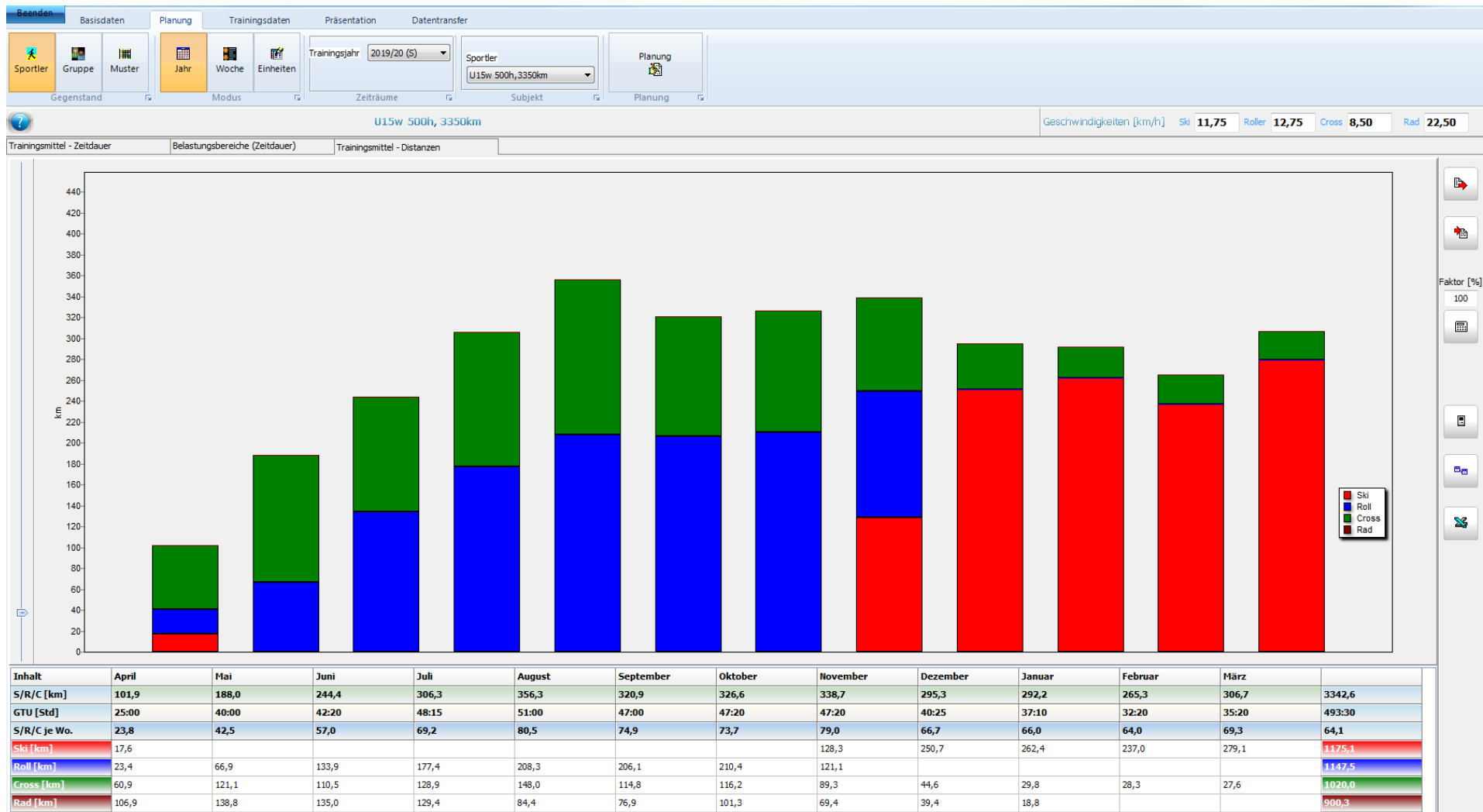
Jahresplanung auf Monatsbasis – TM - Stunden



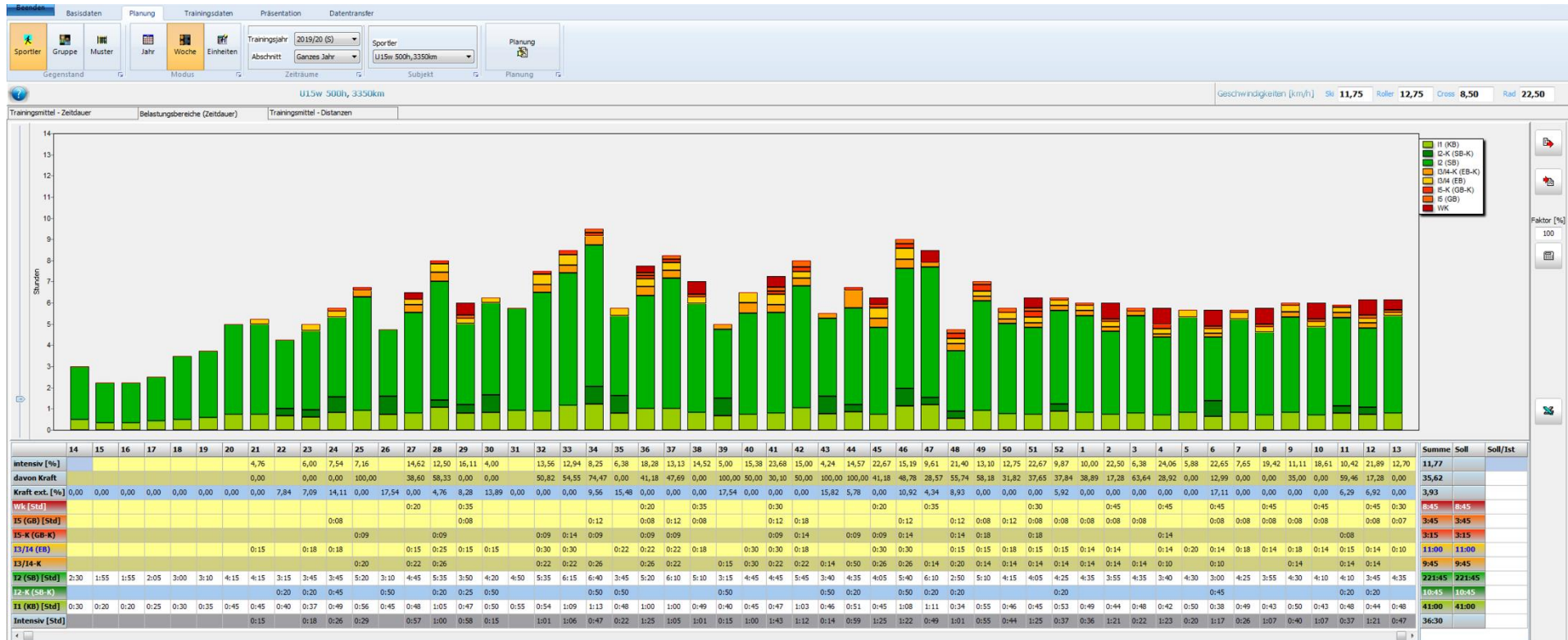
Jahresplanung auf Monatsbasis – Intensitäten - Stunden



Jahresplanung auf Monatsbasis – TM - Kilometer



Jahresplanung auf Wochenbasis Intensitäten h



Jahresplanung auf Etappenbasis - komplett

| Jahresplanung U15 weiblich - GTU 500h - Ausdauer 350 h - S/R/C 310 h - 3349 km | | | | | | | | | |
|--|---------------------------|-------|-------------|--------------|-------------|-------------|--------------|--------------|--------------|
| Zeitraum KW | | | Ü | I | II | III | Summe I-III | IV | Summe |
| | | | 14 - 17 (4) | 18 - 30 (13) | 31 - 39 (9) | 40 - 48 (9) | 18 - 48 (37) | 49 - 13 (17) | 14 - 13 (52) |
| Trainingsmittel | | | | | | | | | |
| Ski | FT | h | 00:45 | | | 07:00 | 7:00 | 49:15 | 57:00 |
| | | km | 9 | | | 85 | 85 | 590 | 684 |
| | KT | h | 00:45 | | | 04:45 | 4:45 | 37:30 | 43:00 |
| | | km | 9 | | | 56 | 56 | 430 | 495 |
| Roller | FT | h | 01:45 | 18:00 | 16:30 | 13:45 | 48:15 | | 50:00 |
| | | km | 25 | 230 | 215 | 180 | 625 | | 650 |
| | KT | h | | 11:00 | 16:45 | 12:15 | 40:00 | | 40:00 |
| | | km | | 140 | 210 | 150 | 500 | | 500 |
| Cross | normal | h | 06:15 | 32:30 | 18:15 | 14:35 | 65:20 | 13:25 | 85:00 |
| | | km | 53 | 276 | 155 | 124 | 555 | 112 | 720 |
| | Imitation | h | 00:30 | 09:15 | 13:30 | 10:10 | 32:55 | 01:35 | 35:00 |
| | | km | 4 | 80 | 115 | 87 | 282 | 14 | 300 |
| Summe | S/R/C | h | 10:00 | 70:45 | 65:00 | 62:30 | 198:15 | 101:45 | 310:00 |
| | | km | 100 | 726 | 695 | 682 | 2103 | 1146 | 3349 |
| AAT | Rad/Kanu/Schwimmen | h | 4:35 | 17:55 | 7:15 | 8:00 | 33:10 | 2:15 | 40:00 |
| Summe (Ausdauer) | S/R/C + AAT | h | 14:35 | 88:40 | 72:15 | 70:30 | 231:25 | 104:00 | 350:00 |
| Kraft | AK, SK, KA, MK, RK, Stabi | h | 5:00 | 17:00 | 11:45 | 11:15 | 40:00 | 15:00 | 60:00 |
| ET | Gym, Spiel, AS | h | 4:15 | 23:25 | 16:20 | 15:30 | 55:15 | 24:00 | 83:30 |
| Theorie | | h | | 3:30 | 2:00 | 1:00 | 6:30 | | 6:30 |
| Summe | Gesamt TZ | h | 23:50 | 132:35 | 102:20 | 98:15 | 333:10 | 143:00 | 500:00 |
| Anteil spez. | S/R/C | % [h] | 42 | 55 | 65 | 64 | 61 | 71 | 63 |
| | | h | 10:00 | 70:45 | 65:00 | 62:30 | 198:15 | 101:45 | 310:00 |
| | | km | 100 | 726 | 695 | 682 | 2103 | 1146 | 3349 |
| Trainingsintensitäten | | | | | | | | | |
| Intensitätsbereiche S/R/C | Wk | h | | 0:55 | 0:55 | 1:25 | 3:15 | 5:30 | 8:45 |
| | | km | | | | | | | 117 |
| | I5 | h | | 0:16 | 0:40 | 0:54 | 1:50 | 1:55 | 3:45 |
| | | km | | | | | | | 36 |
| | I5-K | h | | 0:18 | 0:50 | 1:09 | 2:17 | 0:58 | 3:15 |
| | | km | | | | | | | 31 |
| | I3/I4 | h | | 2:00 | 2:25 | 2:35 | 7:00 | 4:00 | 11:00 |
| | | km | | | | | | | 105 |
| | I3/I4-K | h | | 1:10 | 2:15 | 3:40 | 7:05 | 2:40 | 9:45 |
| | | km | | | | | | | 93 |
| | I2 | h | 8:25 | 52:25 | 47:00 | 42:15 | 141:40 | 71:40 | 221:45 |
| | | km | | | | | | | 2392 |
| | I2-K | h | | 3:50 | 2:30 | 2:40 | 9:00 | 1:45 | 10:45 |
| | | km | | | | | | | 130 |
| I1 | h | 1:35 | 9:52 | 8:28 | 7:50 | 26:10 | 13:15 | 41:00 | |
| | km | | | | | | | 445 | |
| Summe | | h | 10:00 | 70:46 | 65:03 | 62:28 | 198:17 | 101:43 | 310:00 |
| | | km | | | | | | | 3349 |
| intensiv | Anteil auf Stundenbasis | % [h] | 0,0 | 6,6 | 10,9 | 15,6 | 10,8 | 14,8 | 11,8 |
| | Zeit | h | 0:00 | 4:39 | 7:05 | 9:43 | 21:27 | 15:03 | 36:30 |
| | Weg | km | | | | | | | 382 |