

# Bahntraining - Plan bis

14.10.2026



| Datum      | Trainingsinhalt                             | Umfang                                                    | Wo     | Marathonvorb. | Stammtisch?            |
|------------|---------------------------------------------|-----------------------------------------------------------|--------|---------------|------------------------|
| 01.07.2026 | Lauf-ABC; int. Interv.<br>in GA2            | 8-10×200m, P 200m                                         | Bahn   | -             | Stammtisch im<br>Tiaré |
| 08.07.2026 | Lauf-Koordination;<br>ext. Interv. in GA1/2 | 5-7×1000m, P 400m                                         | Bahn   | -             |                        |
| 15.07.2026 | Lauf-ABC; Pre-<br>RömerMan                  | 4-5×400m GA1/2, P 200m;<br>4×100m Steigerung              | Bahn   | -             |                        |
| 22.07.2026 | Lauf-ABC; ext.<br>Interv. in GA1/2          | 5-6×800m, P 200m                                          | Bahn   | -             |                        |
| 29.07.2026 | Lauf-Koordination;<br>int. Interv. in GA2   | 10-12×400m, P 200m                                        | Bahn   | -             |                        |
| 05.08.2026 | Fahrtspiel                                  | 10–12 km variabel                                         | Neckar | -             | Stammtisch im<br>Tiaré |
| 12.08.2026 | Lauf-ABC; ext.<br>Interv. in GA1/2          | 5-6×1200m, P 400m                                         | Bahn   | -             |                        |
| 19.08.2026 | Lauf-Koordination;<br>int. Interv. in GA2   | 12-15×300m, P 100m                                        | Bahn   | -             |                        |
| 26.08.2026 | Lauf-ABC; int. Interv.<br>in GA2            | 4-5×600m + 4-5×200m, P<br>200m                            | Bahn   | -             |                        |
| 02.09.2026 | Lauf-ABC; ext.<br>Interv. in GA1/2          | Pyramide:<br>400,600,800,1000,(1200),1000<br>,800,600,400 | Bahn   | -             | Stammtisch im<br>Tiaré |
| 09.09.2026 | Lauf-Koordination;<br>int. Interv. in GA2   | 8-10×500m, P 200m                                         | Bahn   | -             |                        |
| 16.09.2026 | Fahrtspiel                                  | 10–12 km variabel                                         | Neckar | -             |                        |
| 23.09.2026 | Lauf-ABC; ext.<br>Interv. in GA1/2          | 6-7×1000m, P 400m;<br>Techniksprints 60m                  | Bahn   | -             |                        |
| 30.09.2026 | Lauf-Koordination;<br>int. Interv. in GA2   | 4-5×1000m + 4-5×400m, P<br>400m/200m                      | Bahn   | -             |                        |
| 07.10.2026 | Lauf-ABC; ext.<br>Interv. in GA1/2          | 7-9×800m, P 200m                                          | Bahn   | -             | Stammtisch im<br>Tiaré |
| 14.10.2026 | Lauf-ABC; int. Interv.<br>in GA2            | Pyramide:<br>200,400,600,800,1000,(1200),                 | Bahn   | -             |                        |

### **Pulsbereiche/Tempo**

|        |               |
|--------|---------------|
| GA 1   | 65-80%        |
| GA 1/2 | 80-85%        |
| GA 2   | 85-95%        |
| WSA    | 95-100%       |
| MT     | Marathontempo |

### **Skala (subjekt. Anstrengung)**

|       |                   |
|-------|-------------------|
|       | leicht bis        |
| GA1   | Moderat           |
|       | etwas stärker bis |
| GA1/2 | stark             |
|       | stark bis sehr    |
| GA2   | stark             |
|       | sehr stark bis    |
| WSA   | maximal           |