

Wo.	Wo.-Tag	Tr.-Art	Training	km	Wo.-km	Ges.-km
1	Samstag	GA	30km in 2:30h (5:00min/km)	30,0	30,0	30,0
	Sonntag	RDL	15km in 1:22:30min (5:30min/km)	15,0	45,0	45,0
	Montag		Ruhe			
	Dienstag		Ruhe			
	Mittwoch	INT	6 x 1000m in 3:35min (1km Trabpause ;3,5kmEL/AL)	18,0		63,0
	Donnerstag	RDL	15km in 1:15h (5:00min/km)	15,0	60,0	78,0
	Freitag		Ruhe			
2	Samstag	GA	30km in 2:30h (5:00min/km)	30,0	30,0	108,0
	Sonntag	TL	13km in 56:20min (4:20min/km)	13,0	43,0	121,0
	Montag		Ruhe			
	Dienstag		Ruhe			
	Mittwoch	JOG	10km in 58min (5:45min/km)	10,0	53,0	131,0
	Donnerstag		Ruhe			
	Freitag		Ruhe			
3	Samstag	W	21,1km (430Höhenmeter) in 1:34h (4:27min/km)	21,0	21,0	152,0
	Sonntag		Ruhe			
	Montag	GA	30km in 2:30h (5:00min/km)	30,0	51,0	182,0
	Dienstag		Ruhe			
	Mittwoch	INT	1-2-3-2-1km(3:40/7:40/11:45)1km Trabp. - 3,5kmEL/AL	20,0	71,0	202,0
	Donnerstag	RDL	15km in 1:19h (5:15min/km)	15,0	86,0	217,0
	Freitag	RDL	21km in 1:55:30min (5:30min/km)	21,0	107,0	238,0
4	Samstag		Ruhe			
	Sonntag	INT	3 x 3000m in 12:00min 1kmPause 3,5km EL/AL	18,0	18,0	256,0
	Montag	RDL	13km 1:07h (5:10min/km)	13,0	31,0	269,0
	Dienstag	GA	30km in 2:30h (5:00min/km)	30,0	61,0	299,0
	Mittwoch		Ruhe			
	Donnerstag		Ruhe			
	Freitag	RDL	12km in 60min (5:00min/km)	12,0	73,0	311,0
5	Samstag		Ruhe			
	Sonntag	W	10km Wettka. in 38:30min (3:51min/km) 4km EL/AL	18,0	18,0	329,0
	Montag		Ruhe			
	Dienstag	GA	34km in 2:57h (5:10min/km)	34,0	52,0	363,0
	Mittwoch	RDL	15km in 1:19h (5:15min/km)	15,0	67,0	378,0
	Donnerstag		Ruhe			
	Freitag	INT	6 x 1000m in 3:30min 1km Pause 3,5km EL/AL	18,0	85,0	396,0
6	Samstag	TDL	21km in 1:40h (4:45min)	21,0	21,0	418,0
	Sonntag		Ruhe			
	Montag	GA	33km in 2:45h (5:00min/km)	33,0	54,0	451,0
	Dienstag		Ruhe			
	Mittwoch	TL	18km in 1:17h (4:17min/km)	18,0	72,0	469,0
	Donnerstag		Ruhe			
	Freitag	INT	4 x 2000m in 7:40min 1km Pause 3,5km EL/AL	18,0	90,0	487,0
7	Samstag	RDL	21km in 1:49h (5:10min/km)	21,0	21,0	508,0
	Sonntag	TL	12km in 53min (4:25min/km)	12,0	33,0	520,0
	Montag	RDL	12km in 60min (5:00min/km)	12,0	45,0	532,0
	Dienstag	GA	36km in 3:06h (5:10min/km)	36,0	81,0	568,0
	Mittwoch		Ruhe			
	Donnerstag	INT	3 x 3000m in 12:00min 1kmPause 3,5km EL/AL	18,0	99,0	586,0
	Freitag	RDL	18km in 1:33h (5:10min/km)	18,0	117,0	604,0
8	Samstag		Ruhe			
	Sonntag	GA	30km in 2:27h (4:54min/km) Mit Beschleunigung !!!	30,0	30,0	634,0
	Montag	TDL	18km in 1:26h (4:47min/km)	18,0	48,0	652,0
	Dienstag		Ruhe			
	Mittwoch	INT	4 x 2000m in 7:40min 1km Pause 2km EL/AL	15,0	63,0	667,0
	Donnerstag	RDL	18km in 1:30h (5:00min/km)	18,0	81,0	685,0
	Freitag	RDL	13km in 1:07h (5:10min/km)	13,0	94,0	698,0

<b>9</b>	Samstag		Ruhe			
	Sonntag	W	21,1km in 1:25h (nicht unbedingt alles geben !)	21,0	21,0	719,0
	Montag		Ruhe			
	Dienstag	GA	36km in 3:06h (5:10min/km)	36,0	57,0	755,0
	Mittwoch		Ruhe			
	Donnerstag	INT	6 x 1000m in 3:40min 1km Pause 3,5km EL/AL	18,0	75,0	773,0
	Freitag		Ruhe			
<b>10</b>	Samstag	RDL	21km in 1:49h (5:10min/km)	21,0	21,0	794,0
	Sonntag	RDL	13km in 1:07h (5:10min/km)	13,0	34,0	807,0
	Montag	INT	3 x 2000m in 8:30min 1km Pause 3km EL/AL	14,0	48,0	821,0
	Dienstag		Ruhe			
	Mittwoch	INT	4 x 1000m in 4:05min 1km Pause 3km EL/AL	13,0	61,0	834,0
	Donnerstag		Ruhe			
	Freitag		Ruhe			
<b>10 "A"</b>	Samstag	JOG	5km in 30min (6:00min/km)	5,0	5,0	839,0
	Sonntag	W	Marathon in 2:55:41min (4:10min/km)	42,2	42,2	

<b>1.</b>	Im groben ist der Plan das was ich vor dem Dresden Marathon 2008 trainiert habe .
<b>2.</b>	Einige Zeiten sind geändert , halt da wo das Training nicht optimal war .
<b>3.</b>	Abkürzungen : <b>RDL</b> = Regenerativer (lockerer) Dauerlauf . <b>W</b> = Wettkampf . <b>TL</b> = Tempolauf . <b>INT</b> = Intervalle . <b>JOG</b> = Jogging / ganz langsames Laufen . <b>GA</b> = Grundlagenausdauer / der lange Lauf . <b>TDL</b> = zügiger Lauf .
<b>4.</b>	Meine Woche geht von Samstag bis Freitag , da ich die Vorbereitung an einem Samstag begonnen habe .
<b>5.</b>	In der 2. Woche kann noch etwas mehr trainiert werden ! Ich fand im Urlaub nicht mehr Zeit dafür !