

STRECKENPROFIL LEVEL 2

SPORTS INTERVAL EXTENSIV (LZI) 2:1 (65-85% HF^{MAX} / 60-95% FTP)



TRACK 1	TRACK 2	TRACK 3	TRACK 4	TRACK 9	TRACK 5	TRACK 12	TRACK 10	TRACK 6	TRACK 13	TRACK 15	TRACK 16
INTRO	WARM UP	MAIN PART	MAIN PART	MAIN PART	MAIN PART	MAIN PART	MAIN PART	MAIN PART	MAIN PART	COOL DOWN	STRETCHING
-	SeRo	SeRo	SeCl/StCl	SeRo	Ju	SeRo	SeCl/StCl	SeRo/LR	SeCl/StCl	SeRo	-

STRECKENPROFIL LEVEL 3

SPORTS ENDURANCE VARIABEL (65-85% HF^{MAX} / 60-95% FTP)



TRACK 1	TRACK 2	TRACK 3	TRACK 4	TRACK 5	TRACK 6	TRACK 7	TRACK 8	TRACK 9	TRACK 12	TRACK 13	TRACK 14	TRACK 15	TRACK 16
INTRO	WARM UP	MAIN PART	MAIN PART	MAIN PART	MAIN PART	MAIN PART	MAIN PART	MAIN PART	MAIN PART	MAIN PART	MAIN PART	COOL DOWN	STRETCHING
-	SeRo	SeRo	SeCl/StCl	Ju	SeRo	StCl/WaRi	SeCl/StCl	StJo	SeRo	Ju	SeCl/StCl	SeRo	-