

# VCM TRAINING RUNS

## November 2023

Termin	Gruppe	Programm	Tempo	Serienpause
07.11.2023	1	3x20 min HIIT 30sec schnell, 30sec locker	3:30-4:00 min/km	5-10 min traben
	2	3x20 min HIIT 30sec schnell, 30sec locker	3:45-4:15 min/km	5-10 min traben
	3	2x20 min HIIT 30sec schnell, 30sec locker	4:00-4:30 min/km	5-10 min traben
	4	2x20 min HIIT 30sec schnell, 30sec locker	4:15-4:45 min/km	5-10 min traben
	5	2x15 min HIIT 30sec schnell, 30sec locker	4:30-5:00 min/km	5-10 min traben
14.11.2023	1	2x(14x200m)	200m <40 sec Pause = 90 sec traben	5-10 min traben
	2	2x(14x200m)	200m 40-45 sec Pause = 90 sec traben	5-10 min traben
	3	2x(12x200m)	200m 45-50 sec Pause = 2 min traben	5-10 min traben
	4	2x(12x200m)	200m 50-55 sec Pause = 2 min traben	5-10 min traben
	5	2x(10x200m)	200m 55-60 sec Pause = 2 min traben	5-10 min traben



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## November 2023

Termin	Gruppe	Programm	Tempo	Serienpause
21.11.2023	1	14-16x400m	400m >90 sec Pause = 2 min traben	
	2	14-16x400m	400m <100 sec Pause = 2 min traben	
	3	14-16x400m	400m 110-120 sec Pause = 2 min traben	
	4	14-16x400m	400m 120-130 sec Pause = 2 min traben	
	5	2x15 min HIIT 60sec schnell, 60sec locker	4:30-5:00 min/km	5-10 min traben
28.11.2023	1	14-16x400m	400m >90 sec Pause = 90 sec traben	
	2	14-16x400m	400m <100 sec Pause = 90 sec traben	
	3	14-16x400m	400m 110-120 sec Pause = 90 sec traben	
	4	14-16x400m	400m 120-130 sec Pause = 90 sec traben	
	5	2x20 min HIIT 60sec schnell, 60sec locker	4:30-5:00 min/km	5-10 min traben