

## Trainingsplan Marathon in 3:30:00 Stunden

1. Woche		2. Woche		3. Woche		4. Woche		
Di	15km in 1:22 Std (5:30)	Di	15km in 1:22 Std (5:30)	Di	15km in 1:50 Std (7:20)	Di	15km in 1:22 Std (5:30)	
Mi	12km in 59:00 Min (4:55)	Mi	12km in 59:00 Min (4:55)	Mi	10km in 52:30 Min (5:15)	Mi	3 x 3km jew 14:15 Min 5 Min P (4:45)	
Fr	15km in 1:30 Std (6:00)	Fr	15km in 1:30 Std (6:00)	Do	20km in 1:50 Std (5:30)	Fr	10km in 52:30 Min (5:15)	
Sa	20km in 1:50 Std (5:30)	Sa	20km in 1:50 Std (5:30)	Sa	10km in 46:00 Min (4:36)	TEST	Sa	22km in 2:05 Std (5:41)
So	10km in 1 Std (6:00)	So	10km in 1 Std (6:00)	So	10km in 1 Std (6:00)		So	15km in 1:40 Std (6:40)
5. Woche		6. Woche		7. Woche		8. Woche		
Di	12km in 59:00 Min (4:55)	Di	12km in 59:00 Min (4:55)	Di	15km in 1:50 Std (7:20)	Di	15km in 1:22 Std (5:30)	
Mi	15km in 1:30 Std (6:00)	Mi	15km in 1:30 Std (6:00)	Mi	15km in 1:30 Std (6:00)	Mi	8 x 1km jew 4:25 Min 3 Min P (4:25)	
Fr	10km in 52:30 Min (5:15)	Fr	10km in 52:30 Min (5:15)	Do	20km in 1:50 Std (5:30)	Fr	12km in 1:30 Std (7:30)	
Sa	25km in 2:20 Std (5:36)	Sa	25km in 2:20 Std (5:36)	Sa	10km in 45:30 Min (4:33)	TEST	Sa	25km in 2:20 Std (5:36)
So	12km in 1:06 Std (5:30)	So	12km in 1:06 Std (5:30)	So	10km in 1 Std (6:00)		So	10km in 1 Std (6:00)
9. Woche		10. Woche		11. Woche		12. Woche		
Di	12km in 59:00 Min (4:55)	Di	12km in 59:00 Min (4:55)	Di	15km in 1:45 Std (7:00)	Di	20km in 1:50 Std (5:30)	
Mi	15km in 1:30 Std (6:00)	Mi	15km in 1:30 Std (6:00)	Mi	15km in 1:26 Std (5:44)	Mi	10km in 52:30 Min (5:15)	
Fr	12 x 1km jew 5:00 Min 1 Min P (5:00)	Fr	12 x 1km jew 5:00 Min 1 Min P (5:00)	Do	20km in 1:50 Std (5:30)	Fr	3 x 3km jew 14:15 Min 5 Min P (4:45)	
Sa	25km in 2:20 Std (5:36)	Sa	25km in 2:20 Std (5:36)	Sa	10km in 45:00 Min (4:30)	TEST	Sa	15km in 1:45 Std (7:00)
So	10km in 1 Std (6:00)	So	10km in 1 Std (6:00)	So	10km in 1 Std (6:00)		So	15 x 1km jew 5:00 Min 1 Min P (5:00)
13. Woche		14. Woche		15. Woche		16. Woche		
Di	12km in 58:00 Min (4:50)	Di	12km in 58:00 Min (4:50)	Di	15km in 1:42 Std (6:48)	Di	20km in 1:50 Std (5:30)	
Mi	20km in 2:00 Std (6:00)	Mi	20km in 2:00 Std (6:00)	Mi	15km in 1:22 Std (5:30)	Mi	10km in 52:30 Min (5:15)	
Fr	8 x 1km jew 4:25 Min 3 Min P (4:25)	Fr	8 x 1km jew 4:25 Min 3 Min P (4:25)	Do	20km in 1:50 Std (5:30)	Fr	4 x 2km jew 8:50 Min 3 Min P (4:25)	
Sa	25km in 2:20 Std (5:36)	Sa	25km in 2:20 Std (5:36)	Sa	10km in 45:00 Min (4:30)	TEST	Sa	15km in 1:30 Std (6:00)
So	12km in 1:06 Std (5:30)	So	12km in 1:06 Std (5:30)	So	12km in 1:12 Std (6:00)		So	25km in 2:20 Std (5:36)
17. Woche		18. Woche		19. Woche		20. Woche		
Di	12km in 58:00 Min (4:50)	Di	8 x 1km jew 4:25 Min 1 Min P (4:25)	Di	15km in 1:22 Std (5:30)	Mo	10km in 49:40 Min (4:58)	
Mi	15km in 1:30 Std (6:00)	Mi	15km in 1:30 Std (6:00)	Mi	3 x 5km jew 25:00 Min 5 Min P (5:00)	Mi	15km in 1:22 Std (5:30)	
Fr	25km in 2:20 Std (5:36)	Do	25km in 2:20 Std (5:36)	Fr	10km in 1 Std (6:00)	Do	10km in 55:00 Min (5:30)	
Sa	3 x 5km jew 25:00 Min 5 Min P (5:00)	Sa	10km in 1 Std (6:00)	Sa	25km in 2:20 Std (5:36)	Fr	8km in 48:00 Min (6:00)	
So	10km in 1 Std (6:00)	So	10km in 44:00 Min (4:24)	TEST	So	15km in 1:30 Std (6:00)	So	<b>Marathon in 3:30 Std (4:59)</b>