

Ihr persönlicher Trainingsplan

	1. Trainingseinheit	✓	richtig gegessen?	richtig getrunken?	eigene Anpassungen	Gefühl?	2. Trainingseinheit	✓	richtig gegessen?	richtig getrunken?	eigene Anpassungen	Gefühl?
1. Woche	30 Sekunden Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			1 Minute Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			2 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	6 Wiederholungen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			5 Wiederholungen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
2. Woche	1 Minute Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			40 Sekunden Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	2 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	4 Wiederholungen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			8 Wiederholungen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
3. Woche	2 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			2 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	4 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			4 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	3 Wiederholungen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			3 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
							4 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
							2 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
4. Woche	4 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			6 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	8 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			12 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	4 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			3 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
5. Woche	2 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			4 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	4 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			8 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	8 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			5 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	4 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			8 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	2 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			4 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		

1. Trainingseinheit		✓	richtig gegessen?	richtig getrunken?	eigene Anpassungen	Gefühl?	2. Trainingseinheit		✓	richtig gegessen?	richtig getrunken?	eigene Anpassungen	Gefühl?
6. Woche	4 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			6 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	4 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			6 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	3 Wiederholungen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			6 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
7. Woche	5 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			5 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	4 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			4 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	3 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			3 Wiederholungen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	4 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>									
	5 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>									
8. Woche	7 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			4 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	6 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			3 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	7 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			5 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
							3 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
							6 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
9. Woche	8 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			9 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	4 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			3 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	8 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			9 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
10. Woche	5 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			10 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	2 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			2 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	12 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			4 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	2 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			2 Minuten Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
	5 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			10 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			

	1. Trainingseinheit	✓	richtig gegessen?	richtig getrunken?	eigene Anpassungen	Gefühl?	2. Trainingseinheit	✓	richtig gegessen?	richtig getrunken?	eigene Anpassungen	Gefühl?
11. Woche	7 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			12 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	3 Wiederholungen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			12 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
12. Woche	8 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			15 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	3 Wiederholungen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			10 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
13. Woche	13 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			9 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	13 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			18 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
14. Woche	10 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			11 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	20 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			3 Wiederholungen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
15. Woche	5 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			10 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	25 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			20 Minuten Laufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
	1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			1 Minute Gehen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		

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