

Rudergerät Trainingsplan

	Trainingsdauer	Herzfrequenz (% des Maximalpulses)	Ruderschläge/Minute	Erledigt
<u>Woche 1</u>				
Tag 1	30 Minuten	60%	20-22	[]
Tag 2	40 Minuten	60%	20-22	[]
Tag 3	30 Minuten	65%	21-23	[]
<u>Woche 2</u>				
Tag 1	40 Minuten	60%	20-22	[]
Tag 2	35 Minuten	65%	22-24	[]
Tag 3	30 Minuten	70%	23-25	[]
<u>Woche 3</u>				
Tag 1	40 Minuten	65%	20-22	[]
Tag 2	30 Minuten	70%	22-24	[]
Tag 3	25 Minuten	75%	24-26	[]
<u>Woche 4</u>				
Tag 1	40 Minuten	65%	20-22	[]
Tag 2	30 Minuten	75%	24-26	[]
Tag 3	40 Minuten	60%	20-22	[]
<u>Woche 5</u>				
Tag 1	40 Minuten	70%	22-24	[]
Tag 2	30 Minuten	65%	20-22	[]
Tag 3	40 Minuten	75%	20-22	[]
<u>Woche 6</u>				
Tag 1	25 Minuten	75%	24-26	[]
Tag 2	40 Minuten	60%	20-22	[]
Tag 3	35 Minuten	75%	22-24	[]
Tag 4	40 Minuten	75%	22-24	[]