

Rudergerät Trainingsplan für Fortgeschrittene

	Trainingsdauer	Herzfrequenz (% des Maximalpulses)	Ruderschläge/Minute	Erledigt	Intensitätstechnik
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Woche 1

Tag 1	40 Minuten	60%	20-22	[]	keine
Tag 2	45 Minuten	60%	20-22	[]	Feet Out Rowing
Tag 3	30 Minuten	65%	21-23	[]	keine
Tag 4	15 Minuten	75%	24-26	[]	Arms Only Rowing

Woche 2

Tag 1	40 Minuten	60%	20-22	[]	keine
Tag 2	35 Minuten	75%	24-26	[]	Feet Out Rowing
Tag 3	30 Minuten	60%	22-24	[]	keine
Tag 4	20 Minuten	70%	24-26	[]	Legs Only Rowing

Woche 3

Tag 1	50 Minuten	60%	20-22	[]	keine
Tag 2	30 Minuten	75%	24-26	[]	Feet Out Rowing
Tag 3	25 Minuten	65%	22-24	[]	Arms and Body
Tag 4	20 Minuten	70%	24-26	[]	Slide Drill

Woche 4

Tag 1	50 Minuten	60%	20-22	[]	Feet Out Rowing
Tag 2	18 Minuten	75%	24-26	[]	Arms only Rowing
Tag 3	50 Minuten	65%	20-22	[]	Slide Drill
Tag 4	20 Minuten	70%	24-36	[]	Legs Only Rowing

Woche 5

Tag 1	25 Minuten	70%	24-26	[]	keine
Tag 2	15 Minuten	75%	24-26	[]	Legs Only Rowing
Tag 3	20 Minuten	70%	24-26	[]	Slide Drill
Tag 4	30 Minuten	75%	24-26	[]	Legs Only Rowing