

RUNNER'S WORLD 10 Kilometer unter 55 Minuten Runner`s World RUNNER'S WORLD 10 Kilometer unter 55 Minuten *Runner`s World*

12 wochen je 3 4 laufeinheiten 26 seiten und 22 abbildunen trainingsplan nach modernsten trainingsmethoden für fortgeschrittene läufer sie laufen regelmäßig und haben bereits erste wettkampferfahrung gesammelt unter einer stunde sind sie beim 10 kilometer lauf bereits ins ziel gekommen jetzt möchten sie ihre zeit weiter verbessern und auf unter 55 minuten bringen dafür bauen sie in ihr training neben den klassischen dauerläufen einige intensivere trainingseinheiten ein in denen sie ein bisschen mit dem tempo spielen mit diesem trainingsplan trainieren sie drei mal in der woche abwechslungsreiche einheiten aus unterschiedlich schnellen dauerläufen und ersten intervall trainingseinheiten so schaffen sie nach nur 12 wochen die 10 kilometer in 55 minuten

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