

| Wochentag | Zone 1ext | Zone 1int | Zone 2 | | Zone 3ext | | Zone 3 int 30/15 | |
|-----------|-----------|-----------|--------|-----|-----------|-----|------------------|------|
| | min | min | sets | min | sets | min | sets | reps |
| 1 | | | | | | | | |
| 2 | 60 | | | | | | 3 | 6 |
| 3 | 45 | | 3 | 10 | | | | |
| 4 | 20 | 85 | | | | | | |
| 5 | | | | | | | | |
| 6 | 30 | 90 | | | | | 3 | 6 |
| 7 | 120 | 30 | | | | | | |
| 8 | | | | | | | | |
| 9 | 60 | | | | | | 3 | 6 |
| 10 | 45 | | 3 | 12 | | | | |
| 11 | 20 | 90 | | | | | | |
| 12 | | | | | | | | |
| 13 | 15 | 120 | | | | | 3 | 6 |
| 14 | 90 | 90 | | | | | | |
| 15 | | | | | | | | |
| 16 | 60 | | | | 6 | 5 | | |
| 17 | 55 | | | | | | 1 | 6 |
| 18 | 30 | 90 | | | | | | |
| 19 | | | | | | | | |
| 20 | 80 | 30 | | | 8 | 5 | | |
| 21 | 90 | 90 | | | | | | |
| 22 | | | | | | | | |
| 23 | 55 | | | | | | 1 | 6 |
| 24 | | | | | | | | |
| 25 | 45 | 45 | | | | | | |
| 26 | | | | | | | | |
| 27 | 120 | | | | | | | |
| 28 | 180 | 30 | | | | | | |
| 29 | | | | | | | | |
| 30 | 60 | | | | 6 | 5 | | |
| 31 | 55 | | | | | | 1 | 6 |
| 32 | 30 | 90 | | | | | | |
| 33 | | | | | | | | |
| 34 | 65 | 45 | | | 8 | 5 | | |
| 35 | 60 | 90 | | | | | | |
| 36 | | | | | | | | |
| 37 | 55 | | | | | | 3 | 7 |
| 38 | 80 | | | | | | | |
| 39 | 75 | | | | | | 3 | 6 |
| 40 | | | | | | | | |
| 41 | 130 | | | | | | 3 | 7 |
| 42 | 120 | 60 | | | | | | |
| 43 | | | | | | | | |
| 44 | 55 | | | | | | 3 | 8 |
| 45 | 90 | | | | | | | |
| 46 | 85 | | | | | | 3 | 6 |
| 47 | | | | | | | | |
| 48 | 130 | | | | | | 3 | 8 |
| 49 | 120 | 90 | | | | | | |
| 50 | | | | | | | | |
| 51 | 45 | | | | | | | |
| 52 | 105 | | | | 3 | 5 | | |
| 53 | 45 | | | | | | | |
| 54 | | | | | | | 1 | 6 |
| 55 | 180 | | | | | | | |
| 56 | 210 | | | | | | | |

TREK

 **VAUDE**