

TRAININGSPLAN



Datum : _____

Trainingszeit: _____

PLAN **A** :

GEWICHT = WEIGHT

WIEDERHOLUNGEN = REPS

	Set : 1		Set : 2		Set : 3		Set : 4		Set : 5	
ÜBUNG	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

Cardio :

ÜBUNG	DAUER	TEMPO	DISTANZ

Datum : _____

Trainingszeit: _____

PLAN **B** :

Resistance Training	Set : 1		Set : 2		Set : 3		Set : 4		Set : 5	
ÜBUNG	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

Cardio :

ÜBUNG	DAUER	TEMPO	DISTANZ