

Shred-fit Trainingsplan / Beispiel für Shredder & Freerider

GOAL	WOCHE	BASIC #1	BASIC #2	BASIC #3	BASIC #4	MOBILITY	CORE	LEGS	HIIT
BASIC Training	1	3 x				1 x			
	2		3-4 x			1 x			
	3			3-4 x		1-2 x			
	4				3-4 x	1-2 x			
BASIC & SPECIAL Training	5	2 x				1 x	1 x	1 x	
	6		2 x			1 x	1 x	1 x	
	7			2 x		1 x		1-2 x	1 x
	8				2 x	1 x		1-2 x	1 x
eigenes Training gestalten	9								
	10								
	11								
	12								

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ZIEL	WOCHE	BASIC #1	BASIC #2	BASIC #3	BASIC #4	MOBILITY	CORE	LEGS	HIIT
Aufbau Basis	1	3 x				1 x			
	2		3-4 x			1 x			
	3			3-4 x		1-2 x			
	4				3-4 x	1-2 x			
BASIC & SPECIAL Training	5	1 x				1 x	1 x	1 x	1 x
	6		1 x			1 x	1 x	1 x	1 x
	7			1 x		1 x	1 x	1-2 x	1-2 x
	8				1 x	1 x	1 x	1-2 x	1-2 x
eigenes Training gestalten	9								
	10								
	11								
	12								

Ergänzend 1-2 x pro Woche 30-45 Min. Ausdauertraining (Grundlagen)