

*Nachname: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vorname: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Alter, das im Kalenderjahr erreicht wird: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Jahre Jahr der Prüfung: 20\_\_\_\_\_\_*

**Trainingsplaner 2016**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Übung | | Meine zu erbringenden Leistungen (s. Leistungskatalog)  Bronze / Silber / Gold | Datum | Wert | Datum | Wert | Datum | Wert | Datum | Wert | Datum | Wert | Datum | Wert | Datum | Wert |
| Ausdauer | Laufen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 km Lauf |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dauer- / Geländelauf |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7,5 km Walking / Nordic Walking |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schwimmen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Radfahren |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kraft | Schlagball / Wurfball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Medizinball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kugelstoßen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Steinstoßen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Standweitsprung |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schnelligkeit | Laufen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schwimmen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Radfahren |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Koordination | Hochsprung |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Weitsprung |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Zonenweitsprung Punkte |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Zonenweitwurf Punkte |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schleuderball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Seilspringen Übung: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |