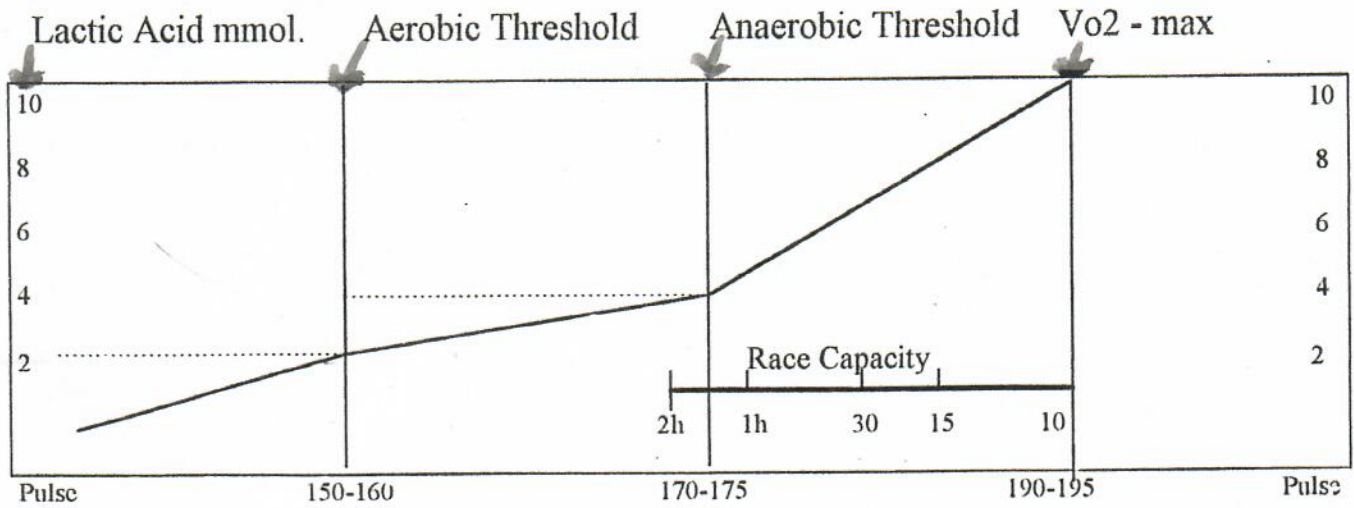


# Practice Traits and Principles



Basic Endurance	Speed Endurance	Maximum Endurance	Quickness
* Energy Production Fully Aerobic	* Energy Production Aerobic	* Energy Production Partially Aerobic	* Energy Production Anaerobic
* 1-3 h	* 30 - 90 min	* 5-40 min	* 30 sec - 5 min
* Light Endurance Trng.	* Medium Endurance Trng.	* Hard Endurance Trng.	* Repeat Training
* Varying Light Endurance Training	* Endurance Intervals	* Tempo Intervals	
* Warm-ups	* Medium Alternating Trng.		
Examples:			
* 2 h Even-Speed light	* 60 min Even-Speed Brisk	* 30 min Even-Speed Hard	* 3x2 min/20 min 95% speed, Maximum spd. for a moment
* 90 min Light Natural Interval	* 5x10 min/2 min pulse 165	* 6x4 min/3min race speed (30 min race speed)	* 5x60sec/10 min 95% Speed
		* 60 min Even-Speed Start Pulse 160 and last 15 min Pulse 180	

Notice! Pulse Values Are Always Individualized