

# Trainingstagebuch

Techniker Krankenkasse



## 1. Woche

| Tag        | Zeit | Km | Ruhepuls | Belastungs-<br>puls | Erholungs-<br>puls | Persönl.<br>Befinden |
|------------|------|----|----------|---------------------|--------------------|----------------------|
| Montag     |      |    |          |                     |                    |                      |
| Dienstag   |      |    |          |                     |                    |                      |
| Mittwoch   |      |    |          |                     |                    |                      |
| Donnerstag |      |    |          |                     |                    |                      |
| Freitag    |      |    |          |                     |                    |                      |
| Samstag    |      |    |          |                     |                    |                      |
| Sonntag    |      |    |          |                     |                    |                      |

## 2. Woche

| Tag        | Zeit | Km | Ruhepuls | Belastungs-<br>puls | Erholungs-<br>puls | Persönl.<br>Befinden |
|------------|------|----|----------|---------------------|--------------------|----------------------|
| Montag     |      |    |          |                     |                    |                      |
| Dienstag   |      |    |          |                     |                    |                      |
| Mittwoch   |      |    |          |                     |                    |                      |
| Donnerstag |      |    |          |                     |                    |                      |
| Freitag    |      |    |          |                     |                    |                      |
| Samstag    |      |    |          |                     |                    |                      |
| Sonntag    |      |    |          |                     |                    |                      |

## 3. Woche

| Tag        | Zeit | Km | Ruhepuls | Belastungs-<br>puls | Erholungs-<br>puls | Persönl.<br>Befinden |
|------------|------|----|----------|---------------------|--------------------|----------------------|
| Montag     |      |    |          |                     |                    |                      |
| Dienstag   |      |    |          |                     |                    |                      |
| Mittwoch   |      |    |          |                     |                    |                      |
| Donnerstag |      |    |          |                     |                    |                      |
| Freitag    |      |    |          |                     |                    |                      |
| Samstag    |      |    |          |                     |                    |                      |
| Sonntag    |      |    |          |                     |                    |                      |