













































































































































































































12 - Wochen Plan für Laufeinsteigerinnen

Lauf- und Gehzeit in Minuten

1	               	
2	               	
3	               	
4	               	
5	               	
6	               	
7	               	 
8	               	
9	               	 
10	               	 
11	               	
12	               	

10 min

20 min

30 min



Stretching



Eine Minute laufen

1 Minute Gehpause

Viel Spaß !