














































































































































































































































































































































# 11 - Wochen Plan für Laufeinsteigerinnen

## Lauf- und Gehzeit in Minuten

1	                            			
2	                             			
3	                             			
4	                             			
5	                             			
6	                             			
7	                              			
8	                             			
9	                             			
10	                             			
11	                             			
	10 min	20 min	30 min	
	 Stretching	 Eine Minute laufen	 1 Minute Gehpause	Viel Spaß !