

Wett- kampf- zeit 10 km	Trainingstempo nach Steffny													
	Dauermethode										Intervalltrainig			
	Regeneration		normaler Dauerlauf		Tempodauerlauf		Halbmarathontempo		Anaerobe Schwelle		1000 m		400 m	200 m
	Min.:Sek./km	400m Zwischenzeit	Min.:Sek./km	400m Zwischenzeit	Min.:Sek./km	400m Zwischenzeit	Min.:Sek./km	400m Zwischenzeit	Min.:Sek./km	400m Zwischenzeit	Min.:Sek.	400m Zwischenzeit	Min.:Sek.	Min.:Sek.
36:00	05:21	02:08	04:51	01:56	04:06	01:38	03:46	01:30	03:42	01:29	03:36	01:26	01:22	00:36
38:00	05:33	02:13	05:03	02:01	04:18	01:43	03:59	01:36	03:55	01:34	03:48	01:31	01:26	00:38
40:00	05:45	02:18	05:15	02:06	04:30	01:48	04:11	01:40	04:07	01:39	04:00	01:36	01:31	00:40
42:00	05:57	02:23	05:27	02:11	04:42	01:53	04:24	01:46	04:20	01:44	04:12	01:41	01:35	00:42
44:00	06:09	02:28	05:39	02:16	04:54	01:58	04:37	01:51	04:32	01:49	04:24	01:46	01:40	00:44
46:00	06:21	02:32	05:51	02:20	05:06	02:02	04:49	01:56	04:44	01:54	04:36	01:50	01:44	00:46
48:00	06:33	02:37	06:03	02:25	05:18	02:07	05:02	02:01	04:57	01:59	04:48	01:55	01:49	00:48
50:00	06:45	02:42	06:15	02:30	05:30	02:12	05:14	02:06	05:09	02:04	05:00	02:00	01:53	00:50
52:00	06:57	02:47	06:27	02:35	05:42	02:17	05:27	02:11	05:21	02:08	05:12	02:05	01:58	00:52
54:00	07:09	02:52	06:39	02:40	05:54	02:22	05:39	02:16	05:34	02:14	05:24	02:10	02:02	00:54
56:00	07:21	02:56	06:51	02:44	06:06	02:26	05:52	02:21	05:46	02:18	05:36	02:14	02:07	00:56
58:00	07:33	03:01	07:03	02:49	06:18	02:31	06:05	02:26	05:58	02:23	05:48	02:19	02:12	00:58
1:00:00	07:45	03:06	07:15	02:54	06:30	02:36	06:17	02:31	06:11	02:28	06:00	02:24	02:16	01:00
1:02:00	07:57	03:11	07:27	02:59	06:42	02:41	06:30	02:36	06:23	02:33	06:12	02:29	02:21	01:02
1:04:00	08:09	03:16	07:39	03:04	06:54	02:46	06:42	02:41	06:36	02:38	06:24	02:34	02:25	01:04
1:06:00	08:21	03:20	07:51	03:08	07:06	02:50	06:55	02:46	06:48	02:43	06:36	02:38	02:30	01:06