

Umfassender Trainingsplan für Max Mustermann

Block 1 Training

Aktiv	Referenz	Protokoll	Kondition & Bemerkungen
F7 F8 Fz Cz	L(A1 A2)	FRE4C Squish (19-38)	AZ EEG Sites: A1, A2, F7, F8, Fz, Cz, F3, F4, T3, T4, C3,
F3 F4 T3 T4	L(A1 A2)	FRE4C Squish (2-9)	AZ
F3 C3	C(A1)	FRE2C IN (2-11) REW (13-21)	AZ/AO

Block 2 Training

Aktiv	Referenz	Protokoll	Kondition & Bemerkungen
F3 F4	L(A1 A2)	CON2C MBC Down	AZ/AO EEG Sites: A1, A2, F3, F4, O1, O2, P3, P4,
O1 O2	L(A1 A2)	CON2C MBC Up	AO
P3 P4 O1 O2	L(A1 A2)	CON4C Gamma Sync	AO

Block 3 Training

Aktiv	Referenz	Protokoll	Kondition & Bemerkungen
C3 C4	L(A1 A2)	CON2C Gamma SMR sync	AO EEG Sites: A1, A2, C3, C4, P3, P4,
C3	C4	SMR%1C	AO
C3 C4 P3 P4	L(A1 A2)	BAL4C Alpha Beta	AZ

Block 4 Training

Aktiv	Referenz	Protokoll	Kondition & Bemerkungen
Fz Cz	L(A1 A2)	FRE2C IN (2-6) REW (12-16)	AZ/AO EEG Sites: A1, A2, Fz, Cz, AFz, Pz, P3, P4, Oz,
AFz Pz P3 P4	L(A1 A2)	DMN4C Sync 3 Band	AZ/AO
Cz Oz	L(A1 A2)	CON2C MBC Up	AZ/AO

Block 5 Training

Aktiv	Referenz	Protokoll	Kondition & Bemerkungen
P4 O1	L(A1 A2)	FRE2C IN (2-9) REW (9-13)	AZ 10:00m EEG Sites: A1, A2, P4, O1,
P4 or O1	A2 or A1	ALP1C Alpha Theta	AZ 23:50m