

Trainingsplan Sommer 2022

gültig vom 25.4 bis 26.8

Mo		09:30	10:30	18:30	19:30
	1	Da 60	Da 60	He 40	He 40
	2	Da 60	Da 60	He 40	He 40

Di		10:30	11:30	16:30	17:30	18:30
	1				He 50 II	He 50 II
	2	He 70	He 70	He 60 I	He 60 I	
	5	He 70	He 70	He 60 I	He 60 I	

Mi		16:30	17:30	18:30	19:30
	1	Da 50	Da 50	He 50 I	He 50 I
	2	Da 50	Da 50	He 50 I	He 50 I

Do		16:30	17:30	18:30
	1	He 55	He 55	
	2	He 55	He 55	He 60 II
	5	He 60 II	He 60 II	He 60 II

Fr		16:30	17:30
	1	Da 40	Da 40
	2	Da 40	Da 40
	5		He 50 II