

Indoor Cycling Fitnesspark Puls 5

02. Mai 2022 – 04. September 2022

Tag Zeit Dauer Instruktor	Montag 19:00 55 Andreas L.	Dienstag 19:00 55 Bruno B.	Mittwoch 12:00 55 Toni M.	Donnerstag 06:45 55 Doris M.	Donnerstag 19:45 50 Hanspi L.	Freitag 12:00 55 Mireille L.	Sonntag 09:30 55 Team
02.05.-08.05.	EX INT	Training	COMP	Training	HEE	Training	Training
09.05.-15.05.	HILL	Training	HEE	Training	EX INT	Training	Training
16.05.-22.05.	IN INT	Training	EX INT	Training	HILL	Training	Training
23.05.-29.05.	COMP	Training	HILL	Training	IN INT	Training	Training
30.05.-05.06.	IN INT	Training	IN INT	Training	LEE	Training	Training
06.06.-12.06.	HEE	Training	LEE	Training	COMP	Training	Training
13.06.-19.06.	EX INT	Training	COMP	Training	HEE	Training	Training
20.06.-26.06.	HILL	Training	HEE	Training	EX INT	Training	Training
27.06.-03.07.	HEE	Training	LEE	Training	COMP	Training	Training
04.07.-10.07.	EX INT	Training	COMP	Training	Pause	Training	Training
11.07.-17.07.	HILL	Training	HEE	Training	Pause	Training	Pause
18.07.-24.07.	EX INT	Training	COMP	Pause	Pause	Training	Pause
25.07.-31.07.	HILL	Training	HEE	Pause	Pause	Training	Pause
01.08.-07.08.	COMP	Training	HILL	Pause	Pause	Training	Pause
08.08.-14.08.	IN INT	Training	IN INT	Pause	Pause	Training	Pause
15.08.-21.08.	HEE	Training	LEE	Training	Pause	Training	Pause
22.08.-28.08.	EX INT	Training	COMP	Training	Pause	Training	Pause
29.08.-04.09.	HEE	Training	LEE	Training	COMP	Training	Training



LEE = Low End Endurance
 EX INT = Extensive Intervalle | HILL = Berg | HEE = High End Endurance
 IN INT = Intensive Intervalle | COMP = Competition