

## Indoor Cycling Fitnesspark Regensdorf 01.10. bis 23.12.2018

Tag Zeit Dauer Instruktor	Montag 12:00 55 Nicole F.	Montag 19:00 45 René J.	Montag 19:45 45 René J.	Mittwoch 10:15 45 Nicole F.	Donnerstag 18:00 45 Peter S.	Samstag 10:15 55 Aktuell	Sonntag 10:15 55 Aktuell
01.10 – 07.10	HEE	EX INT	EX INT	HEE	COMP	Surprise	Surprise
08.10 – 14.10	EX INT	HEE	HEE	EX INT	EX INT	Surprise	Surprise
15.10 – 21.10	HEE	EX INT	EX INT	HEE	HEE	Surprise	Surprise
22.10 – 28.10	EX INT	HILL	HILL	EX INT	IN INT	Surprise	Surprise
29.10 – 04.11	HILL	LEE	LEE	HILL	HILL	Surprise	Surprise
05.11 – 11.11	IN INT	EX INT	EX INT	IN INT	LEE	Surprise	Surprise
12.11 – 18.11	EX INT	HEE	HEE	EX INT	COMP	Surprise	Surprise
19.11 – 25.11	HEE	HILL	HILL	HEE	EX INT	Surprise	Surprise
26.11 – 02.12	20 <sup>l</sup> -Test	EX INT	EX INT	HILL	HEE	Surprise	Surprise
03.12 – 09.12	EX INT	LEE	LEE	EX INT	IN INT	Surprise	Surprise
10.12 – 16.12	LEE	COMP	COMP	LEE	LEE	Surprise	Surprise
17.12 – 23.12	COMP	HILL	HILL	COMP	COMP	Surprise	Surprise



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