

Indoor Cycling Fitnesspark Stockerhof vom 05. Juli bis 03. Oktober 2021

Tag Zeit Dauer Instruktor	Montag 11:45 50 min René G.	Montag 17:45 50 min Andy K.	Dienstag 12:45 50 min Rute C.	Mittwoch 12:45 50 min Stefan S.	Mittwoch 19:45 55 min Roger W.	Donnerstag 11:45 50 min Mark S.	Freitag 11:45 50 min Bruno B.	Freitag 17:45 50 min René J.	Samstag 12:45 55 min Bruno B.	Sonntag 09:45 90 min Team
05.07. – 11.07.	COMP	EX INT	HEE	HEE	COMP	HEE	LEE	HILL	HILL	Surprise
12.07. – 18.07.	HEE	LEE	HILL	HILL	HEE	IN INT	HILL	20'-Test	EX INT	Surprise
19.07. – 25.07.	LEE	HEE	EX INT	EX INT	HILL	HILL	HEE	LEE	COMP	Surprise
26.07. – 01.08.	HILL	IN INT	LEE	20'-Test	LEE	EX INT	EX INT	HEE	HILL	Surprise
02.08. – 08.08.	EX INT	HILL	HILL	HEE	20'-Test	LEE	HILL	HILL	LEE	Surprise
09.08. – 15.08.	HEE	EX INT	20'-Test	HILL	HILL	HILL	IN INT	EX INT	EX INT	Surprise
16.08. – 22.08.	HILL	HILL	HEE	EX INT	HEE	COMP	LEE	LEE	HEE	Surprise
23.08. – 29.08.	IN INT	LEE	EX INT	HEE	EX INT	LEE	HEE	EX INT	HILL	Surprise
30.08. – 05.09.	LEE	HEE	HILL	HILL	LEE	HEE	HILL	LEE	IN INT	Surprise
06.09. – 12.09.	HILL	COMP	LEE	IN INT	HILL	HILL	EX INT	HEE	LEE	Surprise
13.09. – 19.09.	EX INT	EX INT	IN INT	EX INT	IN INT	20'-Test	LEE	HILL	HEE	Surprise
20.09. – 26.09.	HEE	HILL	EX INT	HILL	EX INT	EX INT	COMP	EX INT	EX INT	Surprise
27.09. – 03.10.	Surprise	LEE	HEE	HEE	HEE	LEE	HILL	LEE	HILL	Surprise



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