

Indoor Cycling Fitnesspark Stockerhof vom 01. Juli bis 29. September 2019

Tag Zeit Dauer Instruktor	Montag 11:45 45 min René G.	Montag 17:45 55 min Andy K.	Dienstag 12:45 45 min Rute C.	Mittwoch 12:45 45 min Stefan S.	Mittwoch 19:45 55 min Roger W.	Donnerstag 11:45 45 min Mark S.	Freitag 11:45 45 min Bruno B.	Freitag 17:45 55 min René J.	Samstag 12:45 55 min Bruno B.	Sonntag 09:45 90 min Jessica H.
01.07. – 07.07.	EX INT	EX INT	LEE	COMP	EX INT	HEE	HILL	EX INT	HILL	Surprise
08.07. – 14.07.	LEE	COMP	20'-Test	HILL	HEE	LEE	HEE	LEE	HEE	Surprise
15.07. – 21.07.	HILL	HILL	HILL	HEE	LEE	IN INT	EX INT	COMP	EX INT	Surprise
22.07. – 28.07.	Revision	Revision	Revision	Revision	Revision	Revision	Revision	Revision	HILL	Surprise
29.07. – 04.08.	HEE	LEE	IN INT	EX INT	HILL	Spezialplan	IN INT	HEE	IN INT	Surprise
05.08. – 11.08.	IN INT	HEE	HEE	HILL	IN INT	HILL	LEE	HILL	LEE	Surprise
12.08. – 18.08.	HILL	HILL	EX INT	HILL	HEE	EX INT	HILL	EX INT	HILL	Surprise
19.08. – 25.08.	LEE	EX INT	HILL	20'-Test	HILL	HEE	EX INT	LEE	EX INT	Surprise
26.08. – 01.09.	EX INT	IN INT	LEE	IN INT	EX INT	LEE	HEE	HILL	HEE	Surprise
02.09. – 08.09.	HEE	LEE	COMP	HEE	LEE	20'-Test	HILL	IN INT	HILL	Surprise
09.09. – 15.09.	HILL	HILL	HEE	HILL	COMP	HILL	COMP	HEE	COMP	Surprise
16.09. – 22.09.	COMP	HEE	HILL	EX INT	HILL	COMP	HILL	EX INT	HILL	Surprise
23.09. – 29.09.	LEE	EX INT	EX INT	HEE	20'-Test	HEE	LEE	HILL	LEE	Surprise



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