

Indoor Cycling Fitnesspark Stockerhof

08. Oktober 2018 – 30. Dezember 2018

Tag Zeit Dauer Instruktor	Montag 11:45 45 René G.	Montag 17:45 55 Andy K.	Dienstag 12:45 45 Rute C.	Mittwoch 07:45 45 Ahmed F.	Mittwoch 12:45 45 Stefan S.	Mittwoch 19:45 55 Roger W.	Donnerstag 11:45 45 Mark S.	Freitag 11:45 45 Bruno B.	Freitag 17:45 55 René J.	Samstag 12:45 90 Bruno B.	Sonntag 09:45 90 Jessica H.
08.10. – 14.10.	IN INT	HILL	HEE	HEE	HILL	EX INT	EX INT	HILL	HEE	Surprise	Surprise
15.10. – 21.10.	HILL	HEE	HILL	20'-Test	EX INT	HILL	HILL	LEE	EX INT	Surprise	Marathon
22.10. – 28.10.	LEE	EX INT	IN INT	HILL	HEE	HEE	LEE	EX INT	HILL	Surprise	Surprise
29.10. – 04.11.	HILL	LEE	EX INT	LEE	COMP	IN INT	HEE	HILL	LEE	Surprise	Surprise
05.11. – 11.11.	HEE	HILL	HEE	IN INT	HILL	LEE	EX INT	HEE	20'-Test	Surprise	Surprise
12.11. – 18.11.	EX INT	LEE	HILL	HILL	HEE	HILL	HILL	20'-Test	HEE	Surprise	Surprise
19.11. – 25.11.	20'-Test	HILL	IN INT	EX INT	EX INT	EX INT	COMP	HILL	HILL	Surprise	Surprise
26.11. – 02.12.	HILL	HEE	EX INT	HEE	HILL	HILL	HEE	EX INT	EX INT	Surprise	Surprise
03.12. – 09.12.	EX INT	LEE	HEE	HILL	IN INT	COMP	HILL	LEE	LEE	Surprise	Surprise
10.12. – 16.12.	LEE	IN INT	HILL	COMP	EX INT	LEE	LEE	HEE	IN INT	Surprise	Surprise
17.12. – 23.12.	HEE	HEE	LEE	LEE	HILL	HEE	HILL	IN INT	HILL	Surprise	Surprise
24.12. – 30.12.	Spezialplan	Spezialplan	geschlossen	Spezialplan	Spezialplan	Spezialplan	IN INT	HILL	HEE	Surprise	Surprise



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