

Tag Zeit Dauer Instruktor	Montag 19:00 55 Andreas L.	Dienstag 19:00 55 Bruno B.	Mittwoch 12:00 55 Toni M.	Donnerstag 07:00 55 Doris M.	Donnerstag 19:45 50 Hanspi L.	Freitag 12:00 55 Mireille L	Sonntag 09:30 55 Team
05.09. - 11.09.	EX INT	TRAINING	COMP	TRAINING	HEE	TRAINING	TRAINING
12.09. - 18.09.	HILL	TRAINING	HEE	TRAINING	EX INT	TRAINING	TRAINING
19.09. - 25.09.	IN INT	TRAINING	EX INT	TRAINING	HILL	TRAINING	TRAINING
26.09. - 02.10.	COMP	TRAINING	HILL	TRAINING	IN INT	TRAINING	TRAINING
03.10. - 09.10.	IN INT	TRAINING	IN INT	TRAINING	LEE	TRAINING	TRAINING
10.10. - 16.10.	HEE	TRAINING	LEE	TRAINING	COMP	TRAINING	TRAINING
17.10. - 23.10.	EX INT	TRAINING	COMP	TRAINING	HEE	TRAINING	TRAINING
24.10. - 30.10.	HILL	TRAINING	HEE	TRAINING	EX INT	TRAINING	TRAINING
31.10. - 06.11.	HEE	TRAINING	LEE	TRAINING	COMP	TRAINING	TRAINING
07.11. - 13.11.	EX INT	TRAINING	COMP	TRAINING	TRAINING	TRAINING	TRAINING
14.11. - 20.11.	HILL	TRAINING	HEE	TRAINING	TRAINING	TRAINING	TRAINING
21.11. - 27.11.	EX INT	TRAINING	COMP	TRAINING	TRAINING	TRAINING	TRAINING
28.11. - 04.12.	HILL	TRAINING	HEE	TRAINING	TRAINING	TRAINING	TRAINING
05.12. - 11.12.	COMP	TRAINING	HILL	TRAINING	TRAINING	TRAINING	TRAINING
12.12. - 18.12.	IN INT	TRAINING	IN INT	TRAINING	TRAINING	TRAINING	TRAINING
19.12. - 25.12.	HEE	TRAINING	LEE	TRAINING	TRAINING	TRAINING	TRAINING
26.12. - 31.12.	EX INT	TRAINING	COMP	TRAINING	TRAINING	TRAINING	TRAINING



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