

## Cyclingplan Januar 2023

<b>TAG</b>	<b>DATUM</b>	<b>ZEIT</b>	<b>THEMA</b>	<b>PULS</b>
Dienstag	3.1.	18:00 - 18:55	Surprise	65-92%
Mittwoch	4.1.	12:10 - 13:05	High End	75-85%
Donnerstag	5.1.	18:00 - 18:55	Low End	65-75%
Samstag	7.1.	10:30 - 12:00	Fartlek	65-85%
Sonntag	8.1.	10:00 - 10:55	Hill	75-85%
Montag	9.1.	12:10 - 13:05	Low End	65-75%
Dienstag	10.1.	18:00 - 18:55	Fartlek	65-85%
Mittwoch	11.1.	12:10 - 13:05	Surprise	65-92%
Donnerstag	12.1.	18:00 - 18:55	High End	75-85%
Samstag	14.1.	10:30 - 12:00	Low End	65-75%
Sonntag	15.1.	10:00 - 10:55	Surprise	65-92%
Montag	16.1.	12:10 - 13:05	Hill	75-85%
Dienstag	17.1.	18:00 - 18:55	Low End	65-75%
Mittwoch	18.1.	12:10 - 13:05	Fartlek	65-85%
Donnerstag	19.1.	18:00 - 18:55	Hill	75-85%
Samstag	21.1.	10:30 - 12:00	Surprise	65-92%
Sonntag	22.1.	10:00 - 10:55	Fartlek	65-85%
Montag	23.1.	12:10 - 13:05	Fartlek	65-85%
Dienstag	24.1.	18:00 - 18:55	Hill	75-85%
Mittwoch	25.1.	12:10 - 13:05	Surprise	65-92%
Donnerstag	26.1.	18:00 - 18:55	Fartlek	65-85%
Samstag	28.1.	10:30 - 12:00	High End	75-85%
Sonntag	29.1.	10:00 - 10:55	Surprise	65-92%
Montag	30.1.	12:10 - 13:05	High End	75-85%
Dienstag	31.1.	18:00 - 18:55	Fartlek	65-85%