

Indoor Cycling Fitnesspark Stockerhof vom 03. April bis 02. Juli 2023

| Tag Zeit Dauer Instruktor | Montag 11:40 55 min René G. | Montag 17:40 55 min Maxi P. | Dienstag 12:45 55 min Rute C. | Mittwoch 12:45 55 min Stefan S. | Mittwoch 19:50 55 min Roger W. | Donnerstag 11:40 55 min Mark S. | Freitag 11:40 55 min Bruno B. | Freitag 17:40 55 min René J. | Samstag 11:55 85 min Bruno B./ Esther A. | Sonntag 09:45 85 min Oscar B. |
|------------------------------------|--------------------------------------|--------------------------------------|--|--|---|--|--|---------------------------------------|--|--|
| 03.04. - 09.04. | HILL | HILL | LEE | HILL | LEE | EX INT | Spezialplan | Spezialplan | Spezialplan | Spezialplan |
| 10.04. – 16.04. | Spezialplan | Spezialplan | HEE | EX INT | EX INT | HILL | IN INT | EX INT | COMP | Surprise |
| 17.04. – 24.04. | EX INT | 20 ¹ -Test | IN INT | HILL | HEE | IN INT | LEE | HILL | EX INT | Surprise |
| 24.04. – 30.04. | LEE | COMP | HILL | IN INT | HILL | HEE | HEE | EX INT | HILL | Surprise |
| 01.05. – 07.05. | Spezialplan | Spezialplan | EX INT | HEE | IN INT | EX INT | HILL | LEE | LEE | Surprise |
| 08.05. – 14.05. | IN INT | EX INT | HILL | EX INT | LEE | HILL | EX INT | HILL | HEE | Surprise |
| 15.05. – 21.05. | EX INT | LEE | HEE | HILL | HEE | Spezialplan | COMP | COMP | HILL | Surprise |
| 22.05. – 28.05. | HILL | HILL | LEE | HEE | HILL | COMP | LEE | HEE | 20 ¹ -Test | Spezialplan |
| 29.05. – 04.06. | Spezialplan | Spezialplan | HILL | COMP | LEE | LEE | HILL | EX INT | EX INT | Surprise |
| 05.06. – 11.06. | 20 ¹ -Test | HEE | COMP | HILL | EX INT | HEE | HEE | LEE | LEE | Surprise |
| 12.06. – 18.06. | LEE | IN INT | EX INT | EX INT | COMP | HILL | LEE | IN INT | HEE | Surprise |
| 19.06. – 25.06. | HEE | EX INT | HEE | HEE | HILL | EX INT | HILL | HILL | HILL | Surprise |
| 26.06. – 02.07. | COMP | LEE | HILL | HILL | HEE | LEE | IN INT | 20 ¹ -Test | EX INT | Surprise |



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