

### **Cyclingplan Juni 2023**

<b>TAG</b>	<b>DATUM</b>	<b>ZEIT</b>	<b>THEMA</b>	<b>PULS</b>
Montag	5.06	12:10 - 13:05	Intervall	65-85%
Mittwoch	7.06	12:10 - 13:05	Fartlek	65-85%
Montag	12.06	12:10 - 13:05	Low End	65-75%
Mittwoch	14.06	12:10 - 13:05	High End	75-85%
Montag	19.06	12:10 - 13:05	Fartlek	65-85%
Mittwoch	21.06	12:10 - 13:05	Surprise	65-92%
Montag	26.06	12:10 - 13:05	Hill	75-85%
Mittwoch	28.06	12:10 - 13:05	Low End	65-75%

### **Cyclingplan Juli 2023**

<b>TAG</b>	<b>DATUM</b>	<b>ZEIT</b>	<b>THEMA</b>	<b>PULS</b>
Montag	3.07	12:10 - 13:05	Intervall	65-85%
Mittwoch	5.07	12:10 - 13:05	Fartlek	65-85%
Montag	10.07	12:10 - 13:05	Low End	65-75%
Mittwoch	12.07	12:10 - 13:05	High End	75-85%
Montag	24.07	12:10 - 13:05	Fartlek	65-85%
Mittwoch	26.07	12:10 - 13:05	Surprise	65-92%

### **Cyclingplan August 2023**

<b>TAG</b>	<b>DATUM</b>	<b>ZEIT</b>	<b>THEMA</b>	<b>PULS</b>
Montag	31.07	12:10 - 13:05	Hill	75-85%
Mittwoch	2.08	12:10 - 13:05	High End	75-85%
Montag	7.08	12:10 - 13:05	Surprise	65-92%
Mittwoch	9.08	12:10 - 13:05	Fartlek	65-85%
Montag	14.08	12:10 - 13:05	High End	75-85%
Mittwoch	16.08	12:10 - 13:05	Low End	65-75%
Montag	21.08	12:10 - 13:05	Intervall	65-85%
Mittwoch	23.08	12:10 - 13:05	Hill	75-85%
Montag	28.08	12:10 - 13:05	Low End	65-75%
Mittwoch	30.08	12:10 - 13:05	High End	75-85%