

Cyclingplan April 2024

| TAG | DATUM | ZEIT | THEMA | PULS |
|------------|-------|---------------|---------------------|--------|
| Montag | 1.04 | Ostermontag | siehe Eventprogramm | |
| Dienstag | 2.04 | 18:00 - 18:55 | Surprise | 65-92% |
| Mittwoch | 3.04 | 12:10 - 13:05 | Low End | 65-75% |
| Donnerstag | 4.04 | 18:00 - 18:55 | Fartlek | 65-85% |
| Samstag | 6.04 | 10:00 - 11:25 | Intervall | 65-85% |
| Sonntag | 7.04 | 10:00 - 10:55 | High End | 75-85% |
| | | | | |
| Montag | 8.04 | 12:10 - 13:05 | Intervall | 65-85% |
| Dienstag | 9.04 | 18:00 - 18:55 | Hill | 75-85% |
| Mittwoch | 10.04 | 12:10 - 13:05 | Fartlek | 65-85% |
| Donnerstag | 11.04 | 18:00 - 18:55 | High End | 75-85% |
| Samstag | 13.04 | 10:00 - 11:25 | Low End | 65-75% |
| Sonntag | 14.04 | 10:00 - 10:55 | Hill | 75-85% |
| | | | | |
| Montag | 15.04 | 12:10 - 13:05 | Low End | 65-75% |
| Dienstag | 16.04 | 18:00 - 18:55 | Fartlek | 75-85% |
| Mittwoch | 17.04 | 12:10 - 13:05 | High End | 75-85% |
| Donnerstag | 18.04 | 18:00 - 18:55 | Intervall | 65-85% |
| Samstag | 20.04 | 10:00 - 11:25 | Fartlek | 65-85% |
| Sonntag | 21.04 | 10:00 - 10:55 | Surprise | 65-92% |
| | | | | |
| Montag | 22.04 | 12:10 - 13:05 | Hill | 65-75% |
| Dienstag | 23.04 | 18:00 - 18:55 | Low End | 75-85% |
| Mittwoch | 24.04 | 12:10 - 13:05 | Intervall | 65-85% |
| Donnerstag | 25.04 | 18:00 - 18:55 | Surprise | 65-92% |
| Samstag | 27.04 | 10:00 - 11:25 | High End | 75-85% |
| Sonntag | 28.04 | 10:00 - 10:55 | Intervall | 65-85% |
| | | | | |
| Montag | 29.04 | 12:10 - 13:05 | High End | 75-85% |
| Dienstag | 30.04 | 18:00 - 18:55 | Intervall | 65-85% |

**Um ein individuelles, aufbauendes Training absolvieren zu können,
empfehlen wir unbedingt eine Pulsuhr zu verwenden.**