

Cyclingplan Februar 2025

TAG	DATUM	ZEIT	THEMA	PULS
Samstag	1.2	10:00 - 11:30	Intervall	65-85%
Sonntag	2.2.	10:00 - 10:55	Low End	65-75%
Montag	3.2.	12:10 - 13:05	Fartlek	65-85%
Dienstag	4.2.	18:05 - 19:00	Hill	75-85%
Mittwoch	5.2	12:10 - 13:05	High End	75-85%
Donnerstag	6.2	18:00 - 18:55	Intervall	65-85%
Samstag	8.2	10:00 - 11:25	Surprise	65-92%
Sonntag	9.2	10:00 - 10:55	High End	75-85%
Montag	10.2	12:10 - 13:05	Low End	65-75%
Dienstag	11.2	18:05 - 19:00	High End	75-85%
Mittwoch	12.2	12:10 - 13:05	Hill	75-85%
Donnerstag	13.2	18:00 - 18:55	Fartlek	65-85%
Samstag	15.2	10:00 - 11:25	Surprise	65-92%
Sonntag	16.2	10:00 - 10:55	Intervall	65-85%
Montag	17.2	12:10 - 13:05	High End	75-85%
Dienstag	18.2	18:05 - 19:00	Intervall	65-85%
Mittwoch	19.2	12:10 - 13:05	Surprise	65-92%
Donnerstag	20.2	18:00 - 18:55	Low End	65-75%
Samstag	22.2	10:00 - 11:25	Fartlek	65-85%
Sonntag	23.2	10:00 - 10:55	Hill	75-85%
Montag	24.2	12:10 - 13:05	Surprise	65-92%
Dienstag	25.2	18:05 - 19:00	Intervall	65-85%
Mittwoch	26.2	12:10 - 13:05	Hill	75-85%
Donnerstag	27.2	18:00 - 18:55	High End	75-85%