

CYCLINGPLAN MÄRZ 2026

TAG	DATUM	ZEIT	THEMA	PULS
Sonntag	01.03	10:00 - 10:55	Hill	75-85%
Montag	02.03	12:10 - 13:05	Fartlek	75-85%
Dienstag	03.03	18:00 -18:55	Low End	65-75%
Mittwoch	04.03	12:10 - 13:05	Hill	75-85%
Donnerstag	05.03	18:00 - 18:55	Fartlek	75-85%
Samstag	07.03	10:00 - 11:30	High End	75-85%
Sonntag	08.03	10:00 - 10:55	Intervall	65-85%
Montag	09.03	12:10 - 13:05	Low End	65-75%
Dienstag	10.03	18:00 -18:55	Fartlek	75-85%
Mittwoch	11.03	12:10 - 13:05	Intervall	65-85%
Donnerstag	12.03	18:00 - 18:55	Hill	75-85%
Samstag	14.03	10:00 - 11:25	Fartlek	75-85%
Sonntag	15.03	10:00 - 10:55	Low End	65-75%
Montag	16.03	12:10 - 13:05	High End	75-85%
Dienstag	17.03	18:00 -18:55	Hill	75-85%
Mittwoch	18.03	12:10 - 13:05	Low End	65-75%
Donnerstag	19.03	18:00 - 18:55	Intervall	65-85%
Samstag	21.03	10:00 - 11:25	Hill	75-85%
Sonntag	22.03	10:00 - 10:55	Fartlek	75-85%
Montag	23.03	12:10 - 13:05	Hill	75-85%
Dienstag	24.03	18:00 -18:55	High End	75-85%
Mittwoch	25.03	12:10 - 13:05	Intervall	65-85%
Donnerstag	26.03	18:00 - 18:55	Low End	65-75%
Samstag	28.03	10:00 - 11:25	Intervall	65-85%
Sonntag	29.03	10:00 - 10:55	Hill	75-85%
Montag	30.03	12:10 - 13:05	Intervall	65-85%
Dienstag	31.03	18:00 -18:55	Low End	65-75%