

Trainingsplan Fitness: Januar + Februar 2024

KW	Dienstag	Mittwoch	Donnerstag	Freitag
2	09.01.2023 19:00 Outdoor Fin	10.01.2023 18:00 Complete-Workout Roswitha 19:00 Cardio / Intervall Thoya	11.01.2023 19:00 Ski-Fitness / Workout Loukas	12.01.2023 18:00 Fitness Gesa
3	16.01.2023 19:00 Outdoor Britta?	17.01.2023 18:00 Complete-Workout Christine 19:00 Cardio / Intervall Rebecca	18.01.2023 19:00 Ski-Fitness / Workout Roswitha	19.01.2023 18:00 Fitness Thoya
4	23.01.2023 19:00 Outdoor Fin	24.01.2023 18:00 Complete-Workout Britta 19:00 Cardio / Intervall Thoya	25.01.2023 19:00 Ski-Fitness / Workout Christine	26.01.2023 18:00 Fitness Rebecca
5	30.01.2023 19:00 Outdoor Fin	31.01.2023 18:00 Complete-Workout Christine 19:00 Cardio / Intervall Christine	01.02.2023 19:00 Ski-Fitness / Workout Rebecca	02.02.2023 18:00 Fitness Gesa
6	06.02.2023 19:00 Outdoor Fin	07.02.2023 18:00 Complete-Workout Thoya 19:00 Cardio / Intervall Britta	08.02.2023 19:00 Ski-Fitness / Workout Christine	09.02.2023 18:00 Fitness Rebecca
7	13.02.2023 19:00 Outdoor Fin	14.02.2023 18:00 Complete-Workout Rebecca 19:00 Cardio / Intervall Loukas / ggf. Rebecca	15.02.2023 19:00 Ski-Fitness / Workout Christine	16.02.2023 18:00 Fitness Thoya
8	20.02.2023 19:00 Outdoor Fin	21.02.2023 18:00 Complete-Workout Roswitha / ggf. Christine 19:00 Cardio / Intervall Christine	22.02.2023 19:00 Ski-Fitness / Workout Rebecca	23.02.2023 18:00 Fitness Gesa
9	27.02.2023 19:00 Outdoor Fin	28.02.2023 18:00 Complete-Workout Britta 19:00 Cardio / Intervall Thoya	29.02.2023 19:00 Ski-Fitness / Workout Roswitha / ggf. Rebecca	01.03.2023 18:00 Fitness Christine