

Tabelle2

Trainingsplan Fitness: März + April 2024

KW	Dienstag	Mittwoch	Donnerstag
10	05.03.2024 19:00 Outdoor Fin	06.03.2024 18:00 Complete-Workout Britta 19:00 Cardio / Intervall Rebecca	07.03.2024 19:00 Ski-Fitness / Workout Roswitha
11	12.03.2024 19:00 Outdoor Fin	13.03.2024 18:00 Complete-Workout Roswitha/ ggf. Thoya 19:00 Cardio / Intervall Thoya	14.03.2024 19:00 Ski-Fitness / Workout Rebecca
12	19.03.2024 19:00 Outdoor Fin	20.03.2024 18:00 Complete-Workout Christine 19:00 Cardio / Intervall Christine	21.03.2024 19:00 Ski-Fitness / Workout Fin
13	26.03.2024 19:00 Outdoor Fin	27.03.2024 18:00 Complete-Workout Roswitha/ggf. Rebecca 19:00 Cardio / Intervall Rebecca	28.03.2024 19:00 Ski-Fitness / Workout Christine
14	02.04.2024 19:00 Outdoor Uli	03.04.2024 18:00 Complete-Workout Thoya 19:00 Cardio / Intervall Thoya	04.04.2024 19:00 Ski-Fitness / Workout Rebecca
15	09.04.2024 19:00 Outdoor Uli	10.04.2024 18:00 Complete-Workout Britta 19:00 Cardio / Intervall Rebecca	11.04.2024 19:00 Ski-Fitness / Workout Thoya
16	16.04.2024 19:00 Outdoor Fin	17.04.2024 18:00 Complete-Workout Rebecca 19:00 Cardio / Intervall Britta	18.04.2024 19:00 Ski-Fitness / Workout Christine
17	23.04.2024 19:00 Outdoor Fin	24.04.2024 18:00 Complete-Workout Thoya 19:00 Cardio / Intervall Christine	25.04.2024 19:00 Ski-Fitness / Workout Roswitha/ggf. Fin