

Trainingsplan Fitness: Mai + Juni 2024

KW	Dienstag	Mittwoch	Donnerstag
18	30.04.2024	01.05.2024 Feiertag	02.05.2024
	19:00 Outdoor Fin	18:00 Complete-Workout 19:00 Cardio / Intervall	19:00 Ski-Fitness / Workout Christine
19	07.05.2024	08.05.2024	09.05.2024 Feiertag
	19:00 Outdoor Fin	18:00 Complete-Workout Christine 19:00 Cardio / Intervall Rebecca	19:00 Ski-Fitness / Workout -
20	14.05.2024	15.05.2024	16.05.2024
	19:00 Outdoor Fin	18:00 Complete-Workout Thoya 19:00 Cardio / Intervall Thoya	19:00 Ski-Fitness / Workout Roswitha
21	21.05.2024	22.05.2024	23.05.2024
	19:00 Outdoor Fin	18:00 Complete-Workout Britta 19:00 Cardio / Intervall Thoya	19:00 Ski-Fitness / Workout Roswitha
22	28.05.2024	29.05.2024	30.05.2024
	19:00 Outdoor	18:00 Complete-Workout Britta 19:00 Cardio / Intervall Christine	19:00 Ski-Fitness / Workout Rebecca
23	04.06.2024	05.06.2024	06.06.2024
	19:00 Outdoor	18:00 Complete-Workout Christine 19:00 Cardio / Intervall Thoya	19:00 Ski-Fitness / Workout Roswitha
24	11.06.2024	12.06.2024	13.06.2024
	19:00 Outdoor Fin	18:00 Complete-Workout Roswitha, ggf. Christine 19:00 Cardio / Intervall Christine	19:00 Ski-Fitness / Workout Rebecca
25	18.06.2024	19.06.2024	20.06.2024
	19:00 Outdoor Fin	18:00 Complete-Workout Britta 19:00 Cardio / Intervall Rebecca	19:00 Ski-Fitness / Workout Roswitha, ggf. Rebecca
26	25.06.2024	26.06.2024	27.06.2024
	19:00 Outdoor Fin	18:00 Complete-Workout Rebecca 19:00 Cardio / Intervall Thoya	19:00 Ski-Fitness / Workout Christine