

Trainingsplan Fitness: Juli + August 2024 update

Ferien

KW	Dienstag	Mittwoch	Donnerstag
27	02.07.2024	03.07.2024	04.07.2024
	19:00 Outdoor Fin	18:00 Complete-Workout Christine 19:00 Intervall Christine	19:00 Ski-Fitness / Workout Fin
28	09.07.2024	10.07.2024	11.07.2024
	19:00 Outdoor Fin	18:00 Complete-Workout Rebecca 19:00 Intervall Rebecca	19:00 Ski-Fitness / Workout Fin
29	16.07.2024	17.07.2024	18.07.2024 letzter Schultag
	19:00 Outdoor Fin	18:00 Complete-Workout Christine 19:00 Intervall Christine	19:00 Ski-Fitness / Workout Rebecca
30	23.07.2024	24.07.2024	25.07.2024
	19:00 Outdoor Fin	18:00 Complete-Workout Rebecca	19:00 Ski-Fitness / Workout Isi
31	30.07.2024	31.07.2024	01.08.2024
	19:00 Outdoor Fin	18:00 Complete-Workout Thoya	19:00 Ski-Fitness / Workout Rebecca
32	06.08.2024	07.08.2024	08.08.2024
	19:00 Outdoor Fin	18:00 Complete-Workout Britta	19:00 Ski-Fitness / Workout Christine
33	13.08.2024	14.08.2024	15.08.2024
	19:00 Outdoor Thoya	18:00 Complete-Workout Christine	19:00 Ski-Fitness / Workout Rebecca
34	20.08.2024	21.08.2024	22.08.2024
	19:00 Outdoor Isi	18:00 Complete-Workout Britta	19:00 Ski-Fitness / Workout Rebecca
35	27.08.2024	28.08.2024	29.08.2024 erster Schultag
	19:00 Outdoor Fin	18:00 Complete-Workout Thoya	19:00 Ski-Fitness / Workout Christine