

Trainingsplan Fitness: Januar & Februar 2025 - Version 1b

KW	Dienstag	Mittwoch	Donnerstag
2	07.01.2025	08.01.2025	09.01.2025
	19:00 Outdoor Fin	18:15 Complete-Workout Natalie 19:15 Intervall Natalie	19:00 Ski-Fitness / Workout Roswitha
3	14.01.2025	15.01.2025	16.01.2025
	19:00 Outdoor Fin	18:15 Complete-Workout Britta 19:15 Intervall Rebecca	19:00 Ski-Fitness / Workout Bianca
4	21.01.2025	22.01.2025	23.01.2025
	19:00 Outdoor Fin	18:15 Complete-Workout Thoya 19:15 Intervall Thoya	19:00 Ski-Fitness / Workout Rebecca
5	28.01.2025	29.01.2025	30.01.2025
	19:00 Outdoor Fin	18:15 Complete-Workout Britta 19:15 Intervall Rebecca	19:00 Ski-Fitness / Workout Bianca
6	04.02.2025	05.02.2025	06.02.2025
	19:00 Outdoor Fin	18:15 Complete-Workout Britta 19:15 Intervall Klaus	19:00 Ski-Fitness / Workout Bianca
7	11.02.2025	12.02.2025	13.02.2025
	19:00 Outdoor Fin	18:15 Complete-Workout Thoya 19:15 Intervall Thoya	19:00 Ski-Fitness / Workout Bianca
8	18.02.2025	19.02.2025	20.02.2025
	19:00 Outdoor Fin	18:15 Complete-Workout Natalie 19:15 Intervall Natalie	19:00 Ski-Fitness / Workout Rebecca
9	25.02.2025	26.02.2025	27.02.2025
	19:00 Outdoor Fin	18:15 Complete-Workout Britta 19:15 Intervall Rebecca	19:00 Ski-Fitness / Workout Bianca