

Trainingsplan April 2021

Legende: MTB Mountainbike, 16:30 Uhr Rolleraum
 RR-A Rennrad, nach Absprache
 AT Athletik, 16:30 Uhr Rolleraum

Trainingsgruppe / Tag	Ferien												
	Do	So	Di	Do	So	Di	Do	So	Di	Do	So	Di	Do
	1	4	6	8	11	13	15	18	20	22	25	27	29
TG 1	-	Feiertag	AT	MTB			AT			MTB			MTB
TG 2	AT		MTB			AT		MTB		MTB			MTB
TG 3	AT		MTB		MTB	AT		MTB		MTB		MTB	MTB
TG 4	AT		MTB	MTB		MTB	AT		MTB	MTB		MTB	MTB
TG 5	AT		MTB	MTB		MTB	AT		MTB	MTB		MTB	MTB
TG 6	AT		MTB	AT	RR-A	MTB	AT	RR-A	MTB	AT	RR-A	MTB	AT