

Trainingsplan Sommerblock 2019

KW	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
17. KW	22.April 2019	23.April 2019	24.April 2019	25.April 2019	26.April 2019
	kein Training	kein Training	Training	Training	Training
18. KW	29.April 2019	30.April 2019	1.Mai 2019	2.Mai 2019	3.Mai 2019
	Training	Training	kein Training	Training	Training
19. KW	6.Mai 2019	7.Mai 2019	8.Mai 2019	9.Mai 2019	10.Mai 2019
	Training	Training	Training	Training	Training
20. KW	13.Mai 2019	14.Mai 2019	15.Mai 2019	16.Mai 2019	17.Mai 2019
	Training	Training	Training	Training	Training
21. KW	20.Mai 2019	21.Mai 2019	22.Mai 2019	23.Mai 2019	24.Mai 2019
	Training	Training	Training	Training	Training
22. KW	27.Mai 2019	28.Mai 2019	29.Mai 2019	30.Mai 2019	31.Mai 2019
	Training	Training	Training	kein Training	kein Training
23. KW	3.Juni 2019	4.Juni 2019	5.Juni 2019	6.Juni 2019	7.Juni 2019
	Training	Training	Training	Training	Training
24. KW	10.Juni 2019	11.Juni 2019	12.Juni 2019	13.Juni 2019	14.Juni 2019
	kein Training	kein Training	Training	Training	Training
25. KW	17.Juni 2019	18.Juni 2019	19.Juni 2019	20.Juni 2019	21.Juni 2019
	Training	Training	Training	kein Training	kein Training
26. KW	24.Juni 2019	25.Juni 2019	26.Juni 2019	27.Juni 2019	28.Juni 2019
	Training	Training	Training	Training	Training
27. KW	1.Juli 2019	2.Juli 2019	3.Juli 2019	4.Juli 2019	5.Juli 2019
	Training	Training	kein Training	Training	Training