

Trainingsplan Sommerblock 2020

KW	Montag	Dienstag	Mittwoch	Donnerstag
16. KW	13.April 2020	14.April 2020	15.April 2020	16.April 2020
	kein Training	kein Training	kein Training	Training
17. KW	20.April 2020	21.April 2020	22.April 2020	23.April 2020
	Training	Training	Training	Training
18. KW	27.April 2020	28.April 2020	29.April 2020	30.April 2020
	kein Training	kein Training	kein Training	Training
19. KW	4.Mai 2020	5.Mai 2020	6.Mai 2020	7.Mai 2020
	kein Training	Training	Training	Training
20. KW	11.Mai 2020	12.Mai 2020	13.Mai 2020	14.Mai 2020
	Training	Training	Training	Training
21. KW	18.Mai 2020	19.Mai 2020	20.Mai 2020	21.Mai 2020
	Training	Training	Training	kein Training
22. KW	25.Mai 2020	26.Mai 2020	27.Mai 2020	28.Mai 2020
	Training	Training	Training	Training
23. KW	1.Juni 2020	2.Juni 2020	3.Juni 2020	4.Juni 2020
	kein Training	kein Training	kein Training	kein Training
24. KW	8.Juni 2020	9.Juni 2020	10.Juni 2020	11.Juni 2020
	Training	Training	Training	kein Training
25. KW	15.Juni 2020	16.Juni 2020	17.Juni 2020	18.Juni 2020
	Training	Training	Training	Training
26. KW	22.Juni 2020	23.Juni 2020	24.Juni 2020	25.Juni 2020
	Training	Training	Training	Training
27. KW	29.Juni 2020	30.Juni 2020	1.Juli 2020	2.Juli 2020
	Training	Training	Training	Training
28. KW	6.Juli 2020	7.Juli 2020	8.Juli 2020	9.Juli 2020
	Training	kein Training	kein Training	kein Training