

KALENDER- WOCHE DATUM	MONTAG 19.45 - 20:10 XYCLING 1	MONTAG 20:10 - 21:00 XYCLING 2	MITTWOCH 20:10 - 21:00 XYCLING 2
2 10. Jan - 16. Jan	AllTerrain 65 - 80 % MHF OwnZone® Basic	Intervall (Extensiv) 65 / 85 % MHF OwnZone® Low/High	Kraftausdauer 75 - 85 % MHF OwnZone® High
3 17. Jan - 23. Jan	Intervall (Extensiv) 65 / 85 % MHF OwnZone® Low/High	Grundlagenausdauer 1 65 - 75 % MHF OwnZone® Low	Schiller-Intervalle 65 / 85 % MHF OwnZone® Low/High
4 24. Jan - 30. Jan	Grundlagenausdauer 1 65 - 75 % MHF OwnZone® Low	1 Movement (Berg) 75 - 85 % MHF OwnZone® High	Grundlagenausdauer 2 75 - 85 % MHF OwnZone® High
5 31. Jan - 06. Feb	Kraftausdauer 75 - 80 % MHF OwnZone® Basic	Intervall (Extensiv) 65 / 85 % MHF OwnZone® Low/High	AllTerrain 65 - 80 % MHF OwnZone® Basic
6 07. Feb - 13. Feb	AllTerrain 65 - 80 % MHF OwnZone® Basic	Grundlagenausdauer 2 75 - 85 % MHF OwnZone® High	Grundlagenausdauer 1 65 - 75 % MHF OwnZone® Low
7 14. Feb - 20. Feb	Intervall (Extensiv) 65 / 85 % MHF OwnZone® Low/High	Fartlek 65 - 80 % MHF OwnZone® Basic	
8 21. Feb - 27. Feb	Bleib sitzen 65 - 75 % MHF OwnZone® Low	Grundlagenausdauer 1 65 - 75 % MHF OwnZone® Low	Personal Challenge 80+ % MHF OwnZone® High
9 28. Feb - 06. Mrz	Kraftausdauer 75 - 80 % MHF OwnZone® Basic	Far Above The Clouds 75 - 85 % MHF OwnZone® High	Intervall (Extensiv) 65 / 85 % MHF OwnZone® Low/High
10 07. Mrz - 13. Mrz	AllTerrain 65 - 80 % MHF OwnZone® Basic	Intervall (Extensiv) 65 / 85 % MHF OwnZone® Low/High	AllTerrain 65 - 80 % MHF OwnZone® Basic
11 14. Mrz - 20. Mrz	Intervall (Extensiv) 65 / 85 % MHF OwnZone® Low/High	Laps 75 - 85 % MHF OwnZone® High	Grundlagenausdauer 1 65 - 75 % MHF OwnZone® Low
12 21. Mrz - 27. Mrz	Grundlagenausdauer 1 65 - 75 % MHF OwnZone® Low	AllTerrain 65 - 80 % MHF OwnZone® Basic	Kraftausdauer 75 - 85 % MHF OwnZone® High

...NOCH FRAGEN ???

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