

Trainingsplan

DATUM	ZEIT	SPORTART
29.08.2020	09:00-10:30	Stocktraining
05.09.2020	09:00-11:30	Rollski
12.09.2020	Ganzer Tag	Crap la Foppa
13.09.2020	Ganzer Tag	Crap la Foppa
19.09.2020	09:00-11:00	Biken
26.09.2020	09:00-10:30	Stocktraining
03.10.2020	09:00-11:30	Rollski
10.10.2020	09:00-11:00	Biken
17.10.2020	09:00-11:30	Rollski
24.10.2020	09:00-11:30	Rollski
27.10.2020	18:30-19:30/ 19:30-20:45	Halle
31.10.2020	09:00-10:30	Stocktraining
03.11.2020	18:30-19:30/ 19:30-20:45	Halle
07.11.2020	09:00-11:30	Rollski
10.11.2020	18:30-19:30/ 19:30-20:45	Halle
14.11.2020	09:00-11:30	Rollski
17.11.2020	18:30-19:30/ 19:30-20:45	Halle
21.11.2020	09:00-10:30	Stocktraining
24.11.2020	18:30-19:30/ 19:30-20:45	Halle
28.11.2020	09:00-11:30	Rollski
01.12.2020	18:30-19:30/ 19:30-20:45	Halle
05.12.2020	09:00-10:30	Stocktraining
08.12.2020	18:30-19:30/ 19:30-20:45	Halle
12.12.2020	09:00-11:30	Classic
15.12.2020	18:30-20:00	Classic
18.12.2020- 20.12.2020		Provisorischer Termin Trainingscamp
22.12.2020	18:30-20:00	Classic
29.12.2020	09:00-11:30	Classic
31.12.2020	?	ENERGIA ALPINA CUP TRIN



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