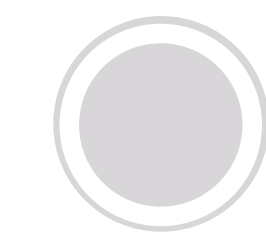
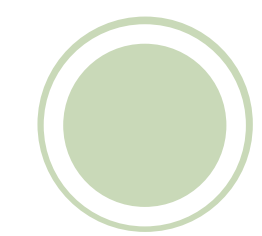


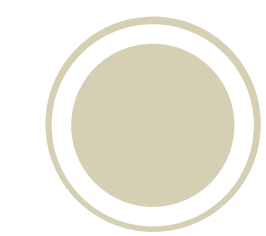
# CYCLING KURSPLAN AB OKTOBER 2018



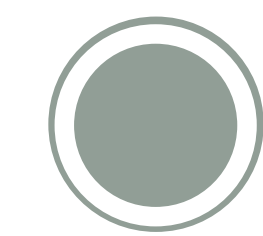
LEICHT

















MODERAT



ANSTRENGEND



SEHR ANSTRENGEND

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
18.05-19.05 <b>Intervall</b> FTW < 105 %, Andreas 	06.40-07.40 <b>Ausdauer</b> FTW < 76 %, Andreas 	09.00-10.00 <b>Ausdauer &amp; MyRide</b> FTW 76-91 %, Natascha 	08.00-09.00 <b>Berg</b> FTW < 105 %, Christina 	10.05-11.05 <b>Intervall &amp; MyRide</b> FTW < 105 %, Natascha 	10.10-11.10 <b>Freeride</b> FTW < 105 %, Christina/Natascha 
19.15-20.15 <b>Berg</b> FTW < 92 %, Andreas 	09.00-10.00 <b>Intervall</b> FTW < 105 %, Julian 	17.00-18.00 <b>Ausdauer &amp; MyRide</b> FTW 76-91 %, Eric 	18.00-19.00 <b>Berg &amp; MyRide</b> FTW < 105 %, Tanja 	18.00-19.00 <b>Freeride</b> FTW < 105 %, Andreas 	SONNTAG
	18.30-19.30 <b>Berg &amp; MyRide</b> FTW < 92 %, Natascha 	18.10-19.10 <b>Berg</b> FTW < 105 %, Eric 			10.45-11.45 <b>Intervall</b> FTW < 105 %, Eric/Julian 
					11.55-12.55 <b>Ausdauer &amp; MyRide</b> FTW 76-91 %, Eric/Julian 