

SPINNING® - Monatsplan

Monat	KW	Datum	DI Andreas 19:40 - 20:40	DO Caroline 20:10 - 21:10
Januar	1	02.01-06.01	Endurance (65-75%)	Strength (75-85%)
	2	09.01.-13.01	Race Day (>80%)	Intervall (65-85%)
	3	16.01-20.01	Strength (75-85%)	Endurance (65-75%)
	4	23.01-27.01	Surprise (65-85%)	Surprise (65-85%)
	5	30.01-03.02	Intervall (65-85%)	Race Day (>80%)
GAT1 (65-75%)		GAT2 (75-85%)	Intervall (65-85%)	Race Day (>80%)

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