

# Trainingsplan - Feld 2017 (Stand: 14.3.17)

Zeit	Montag		Dienstag		Mittwoch		Donnerstag		Freitag		Zeit						
		Athletik		Athletik		Athletik		Athletik		Athletik							
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Uli
Stephan

Maxi / Johannes
Vanessa

Johannes
Johannes / Tim / Paul

Christina
Kelly Köpp / Christina