

| Dienstag                        | Mittwoch                        | Donnerstag                      | Freitag                                                    | Samstag                         | Sonntag                         | Montag                          |
|---------------------------------|---------------------------------|---------------------------------|------------------------------------------------------------|---------------------------------|---------------------------------|---------------------------------|
| 1<br><b>E</b><br>18.30 - 19.30  | 2<br><b>I</b><br>17.30 - 18.30  | 3<br><b>S</b><br>18.30 - 19.30  | 4                                                          | 5<br><b>I</b><br>11.45 - 12.45  | 6<br><b>E</b><br>11.00 - 12.00  | 7<br><b>I</b><br>18.30 - 19.30  |
| 8<br><b>S</b><br>18.30 - 19.30  | 9<br><b>E</b><br>17.30 - 18.30  | 10<br><b>I</b><br>18.30 - 19.30 | 11                                                         | 12<br><b>S</b><br>11.45 - 12.45 | 13<br><b>I</b><br>11.00 - 12.30 | 14<br><b>E</b><br>18.30 - 19.30 |
| 15<br><b>I</b><br>18.30 - 19.30 | 16<br><b>S</b><br>17.30 - 18.30 | 17<br><b>E</b><br>18.30 - 19.30 | 18                                                         | 19<br><b>I</b><br>11.45 - 12.45 | 20<br><b>S</b><br>11.00 - 12.00 | 21<br><b>I</b><br>18.30 - 19.30 |
| 22<br><b>E</b><br>18.30 - 19.30 | 23<br><b>I</b><br>17.30 18.30   | 24<br><b>S</b><br>18.30 - 19.30 | 25                                                         | 26<br><b>E</b><br>11.45 - 12.45 | 27<br><b>I</b><br>11.00 - 12.00 | 28<br><b>S</b><br>18.30 - 19.30 |
| 29<br><b>S</b><br>18.30 - 19.30 | 30<br><b>E</b><br>17.30 - 18.30 |                                 | <b>I = INTERVAL</b><br><b>S = STRENGTH   E = ENDURANCE</b> |                                 |                                 |                                 |