

# program schwinn cycling 2021/22

jamna	44	45	46	47	48	49	50	51	52	53	1	2	3
datum	25.10.2021	01.11.2021	08.11.2021	15.11.2021	22.11.2021	29.11.2021	06.12.2021	13.12.2021	20.12.2021	27.12.2021	03.01.2022	10.01.2022	17.01.2022
gliendisdis	19:00 HEE fabiana	Pyramide fabiana	Interval fabiana	HILL fabiana	HEE sonja	Pyramide sonja	Interval sonja	HILL sonja	negin instrucziun	negin instrucziun	HEE fabiana	Pyramide fabiana	Interval fabiana
mesjamna	19:00 HILL sonja	HEE sonja	Pyramide sonja	Interval sonja	HILL dani	HEE dani	Pyramide dani	Interval dani			HILL sonja	HEE sonja	Pyramide sonja
gevia	19:00 Interval dani	HILL dani	HEE dani	Pyramide dani	Interval fabiana	HILL fabiana	HEE fabiana	Pyramide fabiana			Interval dani	HILL dani	HEE dani

	4	5	6	7	8	9	10	11	12	13	Pastgas	
datum	24.01.2022	31.01.2022	07.02.2022	14.02.2022	21.02.2022	28.02.2022	07.03.2022	14.03.2022	21.03.2022	28.03.2022	04.04.2022	11.04.2022
gliendisdi	19:00 HILL fabiana	HEE sonja	Pyramide sonja	Interval sonja	HILL sonja	HEE fabiana	Pyramide fabiana	Interval fabiana	HILL fabiana	HEE sonja	Pyramide sonja	Interval sonja
mesjamna	19:00 Interval sonja	HILL dani	HEE dani	Pyramide dani	Interval dani	HILL sonja	HEE sonja	Pyramide sonja	Interval sonja	HILL dani	HEE dani	Pyramide dani
gevia	19:00 Pyramide dani	Interval fabiana	HILL fabiana	HEE fabiana	Pyramide fabiana	Interval dani	HILL dani	HEE dani	Pyramide dani	Interval fabiana	HILL fabiana	HEE fabiana

- LEE/Fartleck 65 - 85%
- HEE 75 - 85%
- HILL 75 - 85%
- Intervall 65 - 95%
- Pyramide 65 - 85%

per plascher adina dar giu sch'ins sa bu vegnir

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