

program schwinn cycling 2011/2012

	jamna	43	44	45	46	47	48	49	50	51	52	1	2
		24.10 - 30.10	31.10 - 06.11	07.11 - 13.11	14.11 - 20.11	21.11 - 27.11	28.11 - 04.12	05.12 - 11.12	12.12 - 18.12	19.12 - 25.12	26.12 - 01.01	02.01 - 08.01	09.01 - 15.01
gliendisdis	19:00	LEE/Fartleck Dani	Pyramide Dani	Interval Dani	HILL Dani	HEE Helena	LEE/Fartleck Helena	Pyramide Helena	Interval Helena	HILL Sonja	vacanzas da Nadal	HEE Sonja	LEE/Fartleck Sonja
mesjamna	09:00	HEE Helena	LEE/Fartleck Helena	Pyramide Helena	Interval Helena	HILL Sonja	HEE Sonja	LEE/Fartleck Sonja	Pyramide Sonja	Interval Fabiana		HILL Fabiana	HEE Fabiana
	18:30	HILL Sonja	HEE Sonja	LEE/Fartleck Sonja	Pyramide Sonja	Interval Fabiana	HILL Fabiana	HEE Fabiana	LEE/Fartleck Fabiana	Pyramide Dani		Interval Dani	HILL Dani
	19:45	Interval Dani	HILL Dani	HEE Sonja	LEE/Fartleck Dani	Pyramide Helena	Interval Helena	HILL Helena	HEE Helena	LEE/Fartleck Dani		Pyramide Dani	Interval Dani
gevia	18:30	Pyramide Sonja	Interval Fabiana	HILL Fabiana	HEE Fabiana	LEE/Fartleck Dani	Pyramide Dani	Interval Dani	HILL Dani	HEE Helena		LEE/Fartleck Helena	Pyramide Helena

	jamna	3	4	5	6	7	8	9	10	11	12	13	14	
		16.01 - 22.01	23.01 - 29.01	30.01 - 05.02	06.02 - 12.02	13.02 - 19.02	20.02 26.02	27.02 - 04.03	05.03 - 11.03	12.03 - 18.03	19.03 - 25.03	26.03 - 01.04	02.04 - 08.04	
gliendisdis	19:00	Pyramide Sonja	Interval Fabiana	HILL Fabiana	HEE Fabiana	LEE/Fartleck Fabiana	dertgira nauscha	Interval Sonja	HILL Sonja	HEE Sonja	LEE/Fartleck Helena	Pyramide Helena	Interval Helena	
mesjamna	09:00	LEE/Fartleck Fabiana	Pyramide Sonja	Interval Sonja	HILL Sonja	HEE Sonja		LEE/Fartleck Fabiana	Pyramide Fabiana	Interval Fabiana	HILL Fabiana	HEE Helena	LEE/Fartleck Helena	Pyramide Helena
	18:30	HEE Dani	LEE/Fartleck Helena	Pyramide Helena	Interval Helena	HILL Helena		HEE Dani	LEE/Fartleck Dani	Pyramide Dani	Interval Dani	HILL Sonja	HEE Sonja	LEE/Fartleck Sonja
	19:45	HILL Dani	HEE Sonja	LEE/Fartleck Sonja	Pyramide Sonja	Interval Dani		HILL Fabiana	HEE Fabiana	LEE/Fartleck Helena	Pyramide Helena	Interval Fabiana	HILL Fabiana	HEE Fabiana
gevia	18:30	Interval Helena	HILL Dani	HEE Dani	LEE/Fartleck Dani	Pyramide Sonja		Interval Helena	HILL Helena	HEE Fabiana	LEE/Fartleck Fabiana	Pyramide Dani	Interval Dani	HILL Dani

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

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per plascher adina dar giu sch'ins sa bu vegnir

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