

Kursplan SchwinnCycling Olten

Gültig von 1.2.2012 bis 29.2.2012

Datum	Tag	Instruktor	Uhrzeit	Programm	
1.2.	MI	Rahel	19.30 – 20.30	Hill	75-85%
3.2.	FR	Hansjörg	12.15 - 13.15	LowEnd Endurance	65-75%
3.2.	FR	Verena	19.30 – 20.30	HighEnd Endurance	75-85%
5.2.	SO	Andrea	11.00 – 12.00	Surprise	65-92%
6.2.	MO	Fäbu	19.30 – 20.30	Interval	65-92%
7.2.	DI	Mario	19.00 – 20.00	Hill	75-85%
8.2.	MI	Rahel	19.30 – 20.30	LowEnd Endurance	65-75%
10.2.	FR	Hansjörg	12.15 - 13.15	HighEnd Endurance	75-85%
10.2.	FR	Verena	19.30 – 20.30	Interval	65-92%
12.2.	SO	Verena	11.00 – 12.00	Surprise	65-92%
13.2.	MO	Fäbu	19.30 – 20.30	Hill	75-85%
14.2.	DI	Mario	19.00 – 20.00	LowEnd Endurance	65-75%
15.2.	MI	Rahel	19.30 – 20.30	HighEnd Endurance	75-85%
17.2.	FR	Hansjörg	12.15 - 13.15	Interval	65-92%
17.2.	FR	Verena	19.30 – 20.30	Hill	75-85%
19.2.	SO	Mario	11.00 – 12.00	Surprise	65-92%
20.2.	MO	Fäbu	19.30 – 20.30	LowEnd Endurance	65-75%
21.2.	DI	Mario	19.00 – 20.00	HighEnd Endurance	75-85%
22.2.	MI	Rahel	19.30 – 20.30	Interval	65-92%
24.2.	FR	Hansjörg	12.15 - 13.15	Hill	75-85%
24.2.	FR	Verena	19.30 – 20.30	LowEnd Endurance	65-75%
26.2.	SO	Hansjörg / Hansjörg / Fäbu	09.00 – 12.00	3-Std. Marathon	
27.2.	MO	Fäbu	19.30 – 20.30	HighEnd Endurance	75-85%
28.2.	DI	Mario	19.00 – 20.00	Interval	65-92%
29.2.	MI	Rahel	19.30 – 20.30	Hill	75-85%