



X30

TRAIN BETTER - BE MORE

GRENCHE

ZEITEN	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
VORMITTAG							
06.30 - 07.00	XCIRCLE		XSTRONG		XCIRCLE		
09.00 - 09.30						XCIRCLE	
09.45 - 10.20						XSTRONG	
MITTAG							
12.15 - 12.50		XSTRONG		XSTRONG			
ABEND							
17.30 - 18.00		XCIRCLE		XCIRCLE			
LEGENDE	XSTRONG: KRAFT TRAINING		XCIRCLE: KRAFT & AUSDAUER INTERVALLTRAINING				