



Trainingsplan - Abenberg

Sommer 2026

	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag		
	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3
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