

UTRC TRAINING CHALLENGE

Training Journal

Ruhetag A km Marathon-Renntempo, GA2 Ruhetag S m lockerer DL, GA2 Ruhetag Ruhetag S m lockerer DL, GA2 Ruhetag Ruhetag S m lockerer DL, GA2 Ruhetag Ruhetag Ruhetag Ruhetag Ruhetag Ruhetag Ruhetag Ruhetag	1	МО	TU	WED	THU	FRI	SAT	SUI
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FOCUS So 10 Am - Wettkampt in 64-12 Min. FOCUS Way Me Mean Mea	Workouts	enntempo, GA2						
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80% Sa Ruhetag			85%		Do 10 km N		po	
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