

Trainingskonzept Saison 2018

Wochenplan

	Montag	Dienstag	Mittwoch	Donnerstag
14-15	BMX School a (1400-1500)		BMX School c (1400-1500)	
15-16	BMX School b (1515-1615)		BMX School d (1515-1615)	
16-17	Micro (1630-1730)		Micro (1630-1730)	
17-18	Mini (1730-1830)	Junior (1730-1900)	Mini (1730-1830)	Junior (1730-1900)
18-19	Flighters	Expert (1830-2000)	Swiss - Cycling	Expert (1830-2000)
19-20	(1830-2100)	Pro (1900-2030)	Regiokader U14/U19	Pro (1900-2030)
20-21		(SC Regiokader)	(1830-2030)	(SC Regiokader)
21-22				