

























MON	TUE	WED	THU	FRI	SAT	SUN
7	8	9	10	11	12	13
 Sleep Hours: 6.62 hrs 7 more...	 Stress Level: Avg. 38 1 more...	 Sleep Hours: 7.07 hrs 7 more...	 Sleep Hours: 8.48 hrs 7 more...	 Sleep Hours: 7.68 hrs 7 more...	 Sleep Hours: 8.07 hrs 7 more...	 Sleep Hours: 9.63 hrs 7 more...
 5x1000 HM Tempo + 2k... 1:14:35 ✓ 11.4 km 127 rTSS P: 1:18:30 P: 116 rTSS C: 0.96 IF 	 Grundlage 10km GAI lan... 1:14:07 ✓ 9.97 km 97 rTSS P: 1:15:54 P: 63 rTSS C: 0.84 IF 	 FTP Base 2:00 (4x20 HD... 1:59:36 ✓ 56.3 km 147 TSS P: 2:00:00 P: 119 TSS C: 0.86 IF 	 Kraft 1:00:00 ✓ 20 TSS* P: 1:00:00 P: 20 TSS*	 FTP Base 1:00 (2x20 HD... 0:50:44 ✓ 24.6 km 61 hrTSS P: 1:00:00 P: 59 hrTSS C: 0.81 IF 	 50 Build Ups 2.6 1:00:00 ✓ 2000 m 30 TSS* P: 1:00:00 P: 30 TSS*	 FTP Recovery 4:00 3:47:04 ✓ 103 km 147 TSS P: 4:00:00 P: 121 TSS C: 0.62 IF 
	 Kraft 1:00:00 ✓ 20 TSS* P: 1:00:00 P: 20 TSS*	 Grundlage Kr 4.6 1:45:00 ✓ 4600 m 75 TSS* P: 1:45:00 P: 75 TSS*		 Progressive Run 4-4-4 1:20:53 ✓ 11.7 km 135 rTSS P: 1:26:07 P: 87 rTSS C: 0.95 IF 		
				 400er Grundlage mit KA V2 1:15:00 ✓ 3600 m 45 TSS* P: 1:15:00 P: 45 TSS*		