**Wöchentlicher Beispiel-Trainingsplan**

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| **Tage** | **Programm** | **Vor-mittag** | **Nach-mittag** | **Abend** | **Wieder-holungen** |
| **Montag** |  |  |  |  |  |
| **Dienstag** |  |  |  |  |  |
| **Mittwoch** |  |  |  |  |  |
| **Donnerstag** |  |  |  |  |  |
| **Freitag** |  |  |  |  |  |
| **Samstag** |  |  |  |  |  |
| **Sonntag** |  |  |  |  |  |