|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Montag** | **Dienstag** | **Mittwoch** | **Donnerstag** | **Freitag** | **Samstag** | **Sonntag** |
| **Frühmorgens** |  |  |  |  |  |  |  |
| **Morgens** |  |  |  |  |  |  |  |
| **Mittags** |  |  |  |  |  |  |  |
| **Nachmittags** |  |  |  |  |  |  |  |
| **Abends** |  |  |  |  |  |  |  |
| **Spätabends** |  |  |  |  |  |  |  |
| **Ernährung:** |  |  |  |  |  |  |  |
| O Gymnastik | O Tennistraining | O Athletiktraining | O Dehntraining | O Regeneration |  |  |  |