

vers. 14.10.2024
* Programmänderungen vorbehalten

RAKS.CH
IMPROVE YOUR RACING SKILLS

Future RAKS.CH
IMPROVE YOUR SKI SKILLS

RAKS
Future RAKS 09.00 - 12.00

RAKS
Future RAKS 09.00 - 12.00

RAKS
Future RAKS 09.00 - 12.00
RACES BOSV LERI CLIP
ERI RACES

RAKS
Future RAKS 09.00 - 12.00
RACES BOSV LERI CLIP
ERI RACES

RAKS
Future RAKS 09.00 - 12.00
RACES BOSV LERI CLIP
ERI RACES

RAKS
Future RAKS 09.00 - 12.00
RACES BOSV LERI CLIP

Trainingsplanung Saison 2024/25

Nov 24			Dex 24			Jan 25			Feb 25			Mär 25			Apr 25		
1			1	5	3	1	5		1	5	3	1	5	3	1		
2			2			2	3		2			2	5	3	2	2.5	
3			3			3	3		3			3			3		
4			4	2.5		4	5	3	4			4			4	2.5	
5			5			5			5	2.5		5	2.5		5	5	3
6			6	2.5		6		Sl Männichen	6			6			6		
7			7	5	3	7	5	3	7	2.5		7	2.5		7		
8			8			8	2.5		8	5	3	8			8		
9			9			9			9			9	5	3	9	2.5	
10			10			10	2.5		10	3		10			10		
11			11	2.5		11			11	3		11			11	2.5	
12			12			12	5	3	12	5		12	2.5		12	5	3
13			13	2.5		13			13	3		13			13		
14			14	5	3	14			14	5		14	2.5		14		
15			15			15	2.5		15	5	3	15	5	3	15		
16			16			16			16			16			16	2.5	
17			17			17	2.5		17	3		17			17		
18			18	2.5		18			18	3		18			18	2.5	
19			19			19	5	3	19	5		19	2.5		19	5	3
20			20	2.5		20			20	3		20			20		
21			21	3	3	21			21	5		21	2.5		21		
22			22			22	2.5		22	5	3	22	5	3	22		
23			23	3	3	23			23			23			23		
24			24	3	3	24	2.5		24	3	3	24			24		
25			25	3	3	25	5	3	25	5	3	25			25		
26			26	3	3	26			26	5	3	26	2.5		26		
27			27	3	3	27			27	3	3	27			27		
28			28			28			28	5	3	28	2.5		28		
29	2.5		29			29	2.5		29			29	5	3	29		
30	5	3	30	3		30			30			30			30		
31			31	3		31	2.5		31			31			31		