

# Trainingsplan Wasserski und Wakeboard - Landesmeisterschaft 2009

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
08:00-11:00 WASSERSKI	08:00-11:00 WAKEBOARD	08:00-11:00 WASSERSKI	08:00-11:00 WAKEBOARD	08:00-11:00 WASSERSKI
11:00-14:00 WAKEBOARD	11:00-14:00 WASSERSKI	11:00-14:00 WAKEBOARD	11:00-14:00 WASSERSKI	11:00-14:00 WAKEBOARD
14:00-17:00 WASSERSKI	14:00-17:00 WAKEBOARD	14:00-17:00 WASSERSKI	14:00-17:00 WAKEBOARD	14:00-17:00 WASSERSKI
17:00-20:00 WAKEBOARD	17:00-20:00 WASSERSKI	17:00-20:00 WAKEBOARD	17:00-20:00 WASSERSKI	17:00-20:00 WAKEBOARD

