

Trainingswochenplan Wasserski und Wakeboard 2011

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
08:00-11:00 Aufbau Slalom	08:00-11:00 WAKEBOARD	08:00-11:00 WASSERSKI	08:00-11:00 WAKEBOARD	08:00-11:00 WAKEBOARD
11:00-14:00 WAKEBOARD	11:00-14:00 WASSERSKI	11:00-14:00 WAKEBOARD	11:00-14:00 WASSERSKI	11:00-17:00 WASSERSKI LM 2011
14:00-17:00 WASSERSKI	14:00-17:00 WAKEBOARD	14:00-17:00 WASSERSKI	14:00-17:00 WAKEBOARD	
17:00-20:00 WAKEBOARD	17:00-20:00 WASSERSKI	17:00-20:00 WAKEBOARD	17:00-20:00 WASSERSKI	17:00-20:00 evtl.Barfuss Show