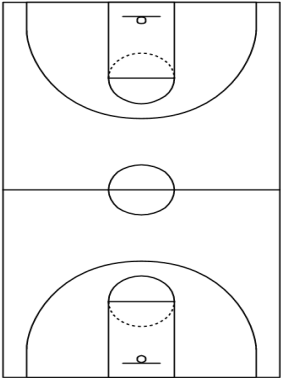
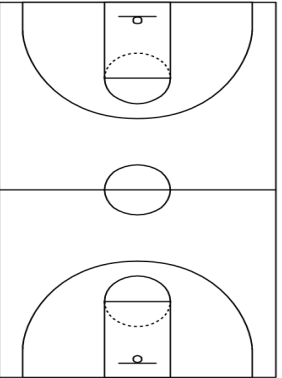
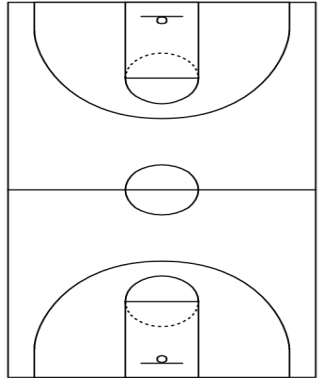
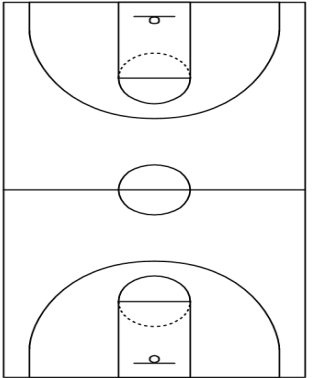


# Trainingsplan:



| Zeit     | Trainingsform   | Material  | Korrekturschwerpunkt   | Sonstiges   |
|----------|---|---|--|---|
|          |   |   |  |   |
|          |   |   |  |   |
|          |   |   |  |   |
|          |   |   |  |   |
|          |   |   |  |   |
|          |   |   |  |   |
| Skizzen: |  |  |  |  |