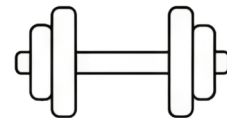


Name: _____ **Start:** _____ **Ziel:** _____ **Trainingstage pro Woche:** _____



Name: _____ **Start:** _____ **Ziel:** _____ **Trainingstage pro Woche:** _____

[illegible]
