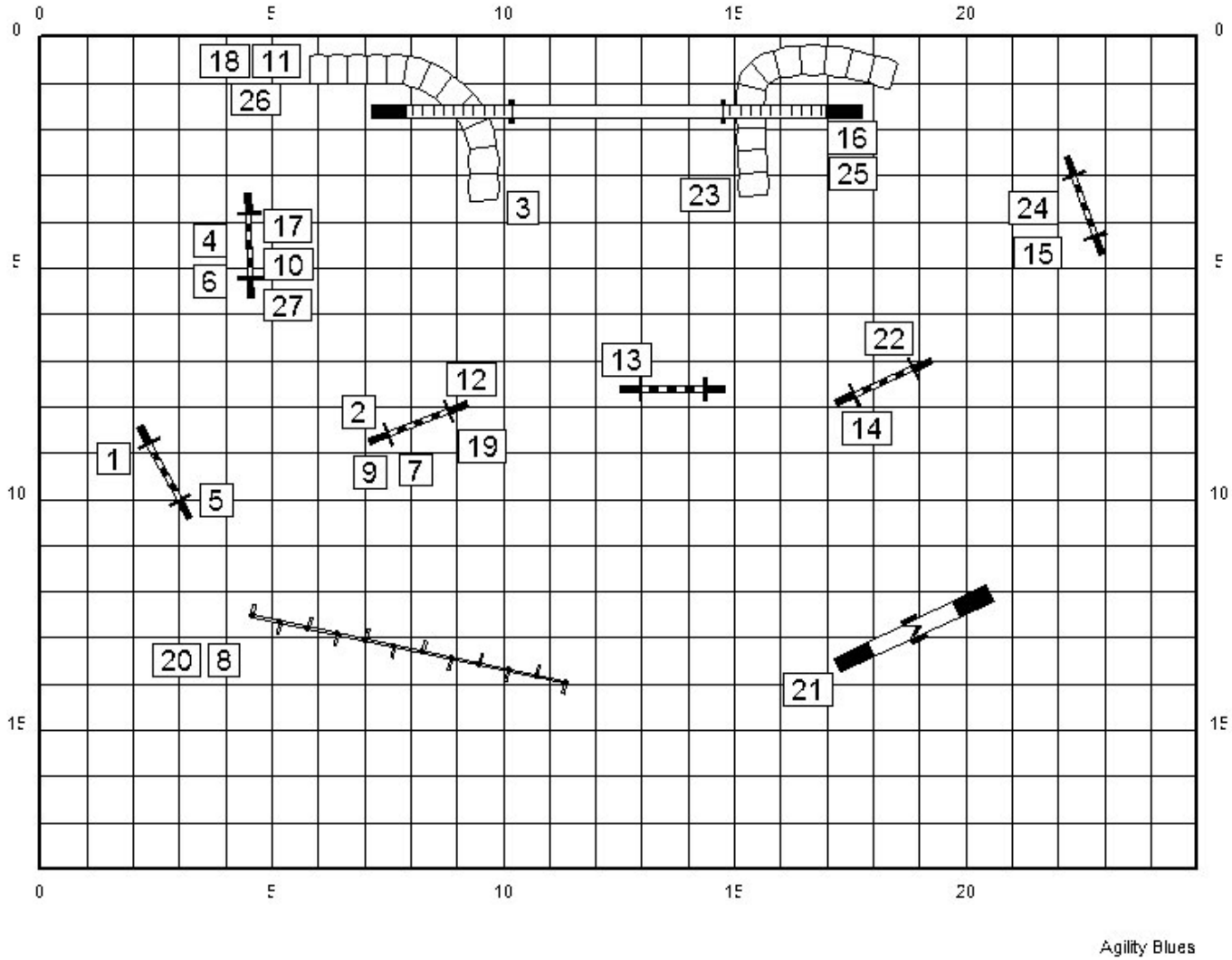Trainingsplan Woche 04 / 2016