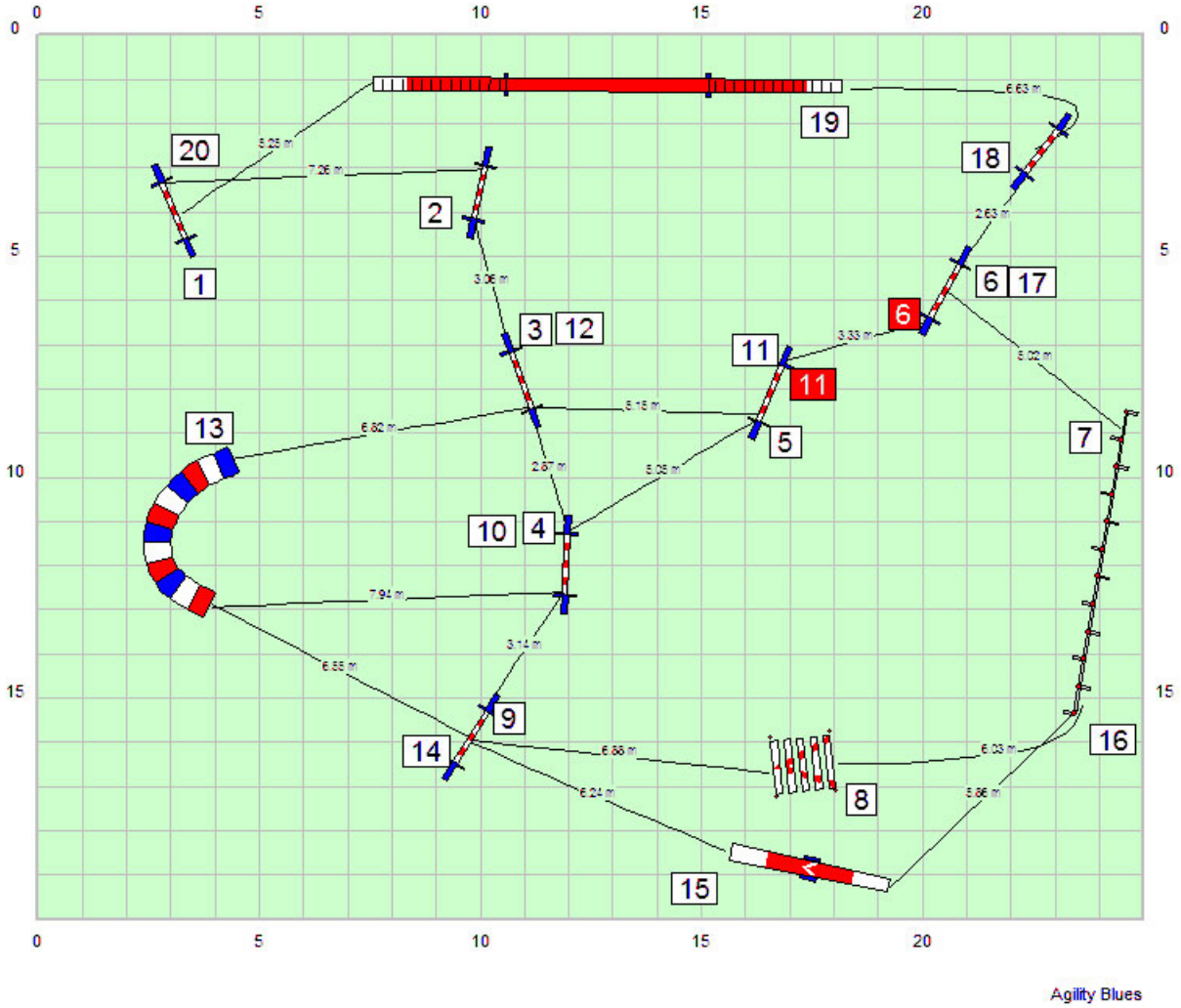Trainingsplan Woche 06 / 2016