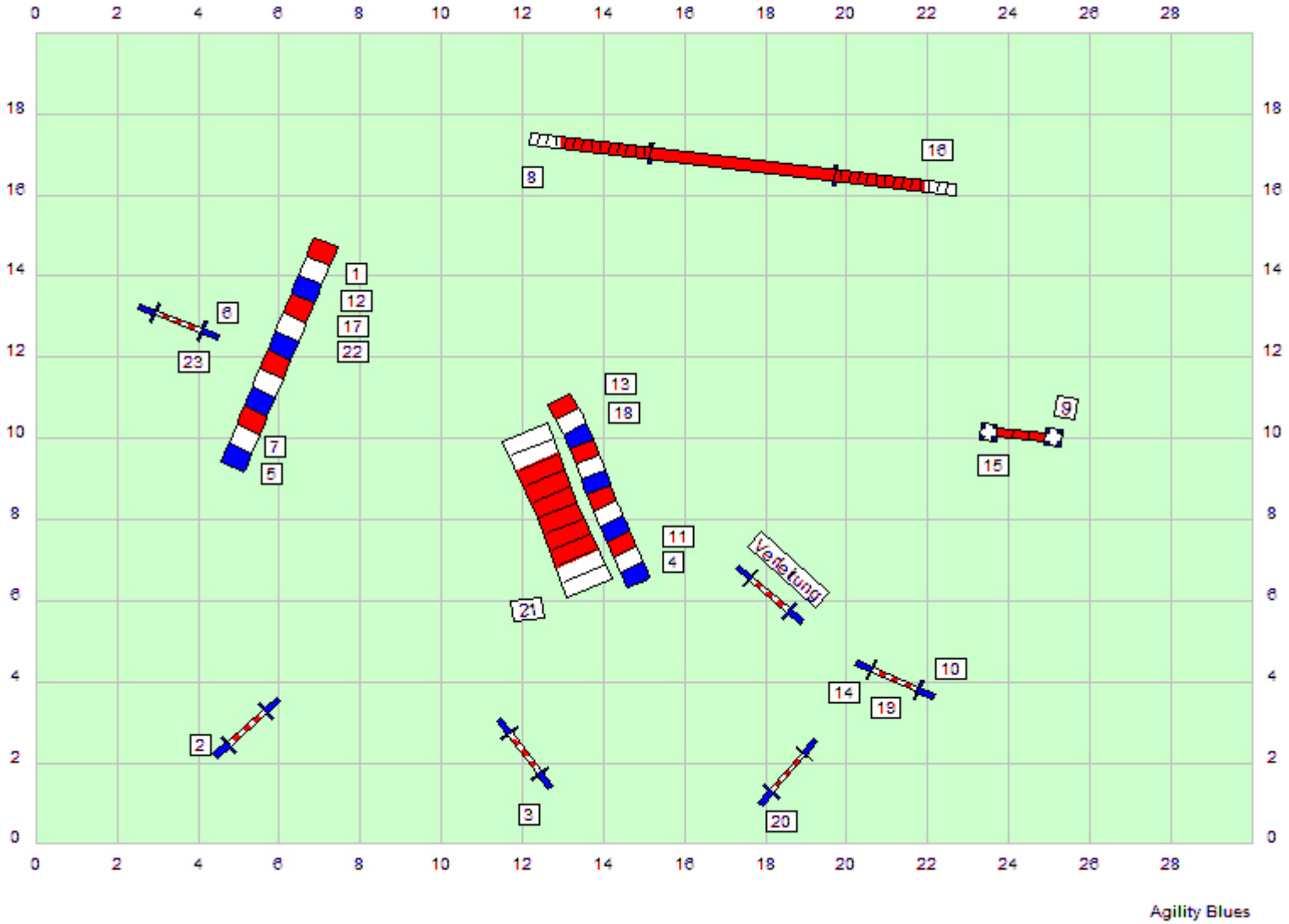Trainingsplan Woche 08 / 2013