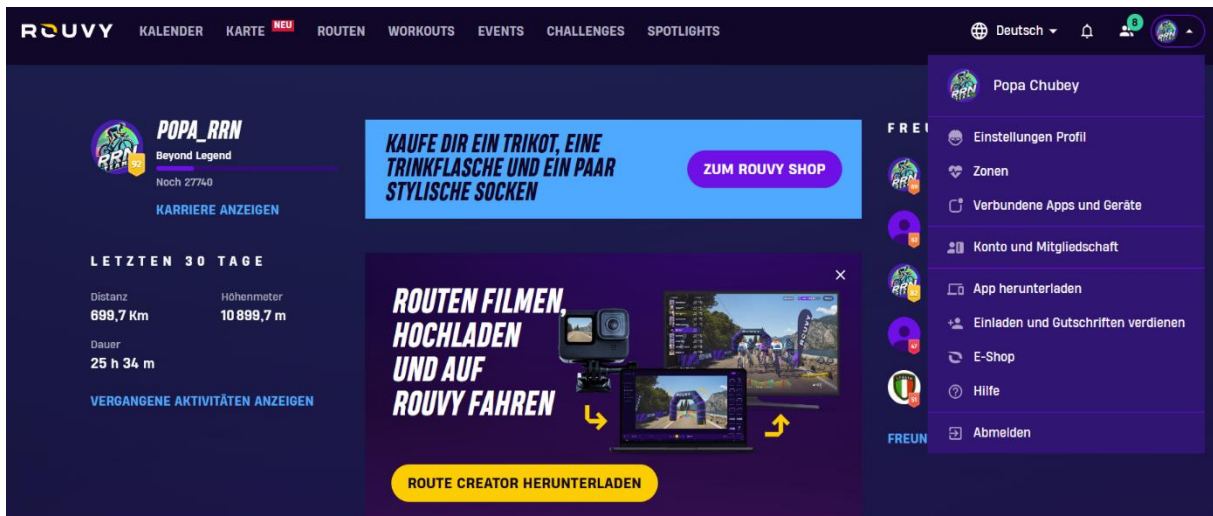
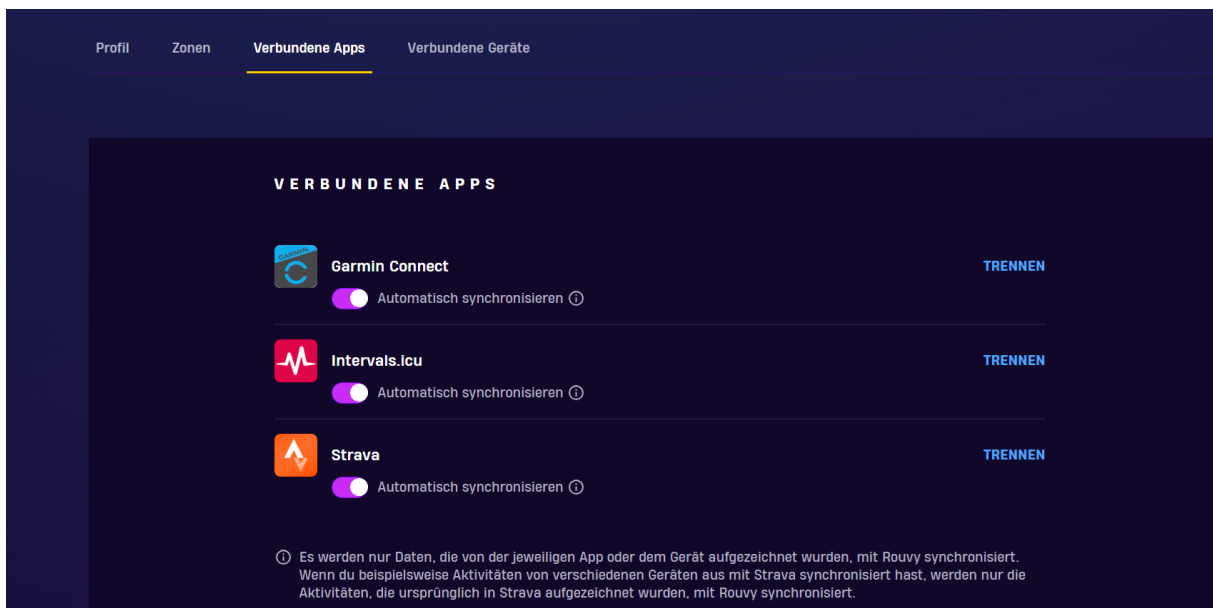


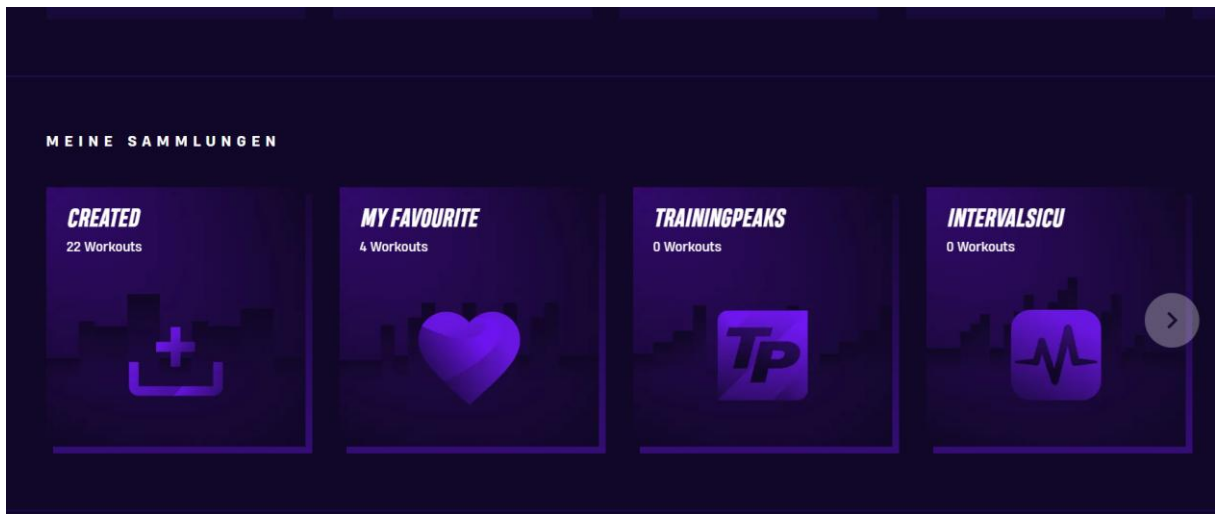
Rouvy Webansicht. Ganz rechts oben Menue aufmachen und auf verbundene Apps und Geräte gehen.



Dort die Verbindung zu Intervals.icu herstellen, falls noch nicht geschehen.



Rouvy Workouts – Meine Sammlungen erscheint dann die INTERVALSICU Kachel



Intervals.icu Trainingswoche in den eigenen Plan kopieren.

Group, Blocktraining A oder B auswählen. Hier jetzt exemplarisch Woche 2 in Block 2026 A

Die drei Pünktchen anklicken.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4	Nov 17	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
Week 3	Nov 10	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
Week 2	Nov 03	Nov 04	Nov 05	Nov 06	Nov 07	Nov 08	Nov 09
Week 1	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31	Nov 01	Nov 02

Copy Week auswählen.

The screenshot shows the Intervals.icu interface for a user named BenGer. The main view is a calendar of weeks. Week 2 is selected, and a context menu is open over it. The menu options are:

- Week totals
- Copy week
- Paste week
- Duplicate week
- Insert week
- Hide week
- Show week
- Delete week
- Clear week

The calendar shows the following data for Week 2:

Week	Total Time	Load	Fatigue	Form	Ramp
Week 2	9h0m	13	-36	-	-

Dann in den eigenen Trainingsplan wechseln, die entsprechende Woche auswählen, hier Woche 45, die drei Pünktchen anklicken und mit Past week die Woche in den eigenen Plan kopieren.

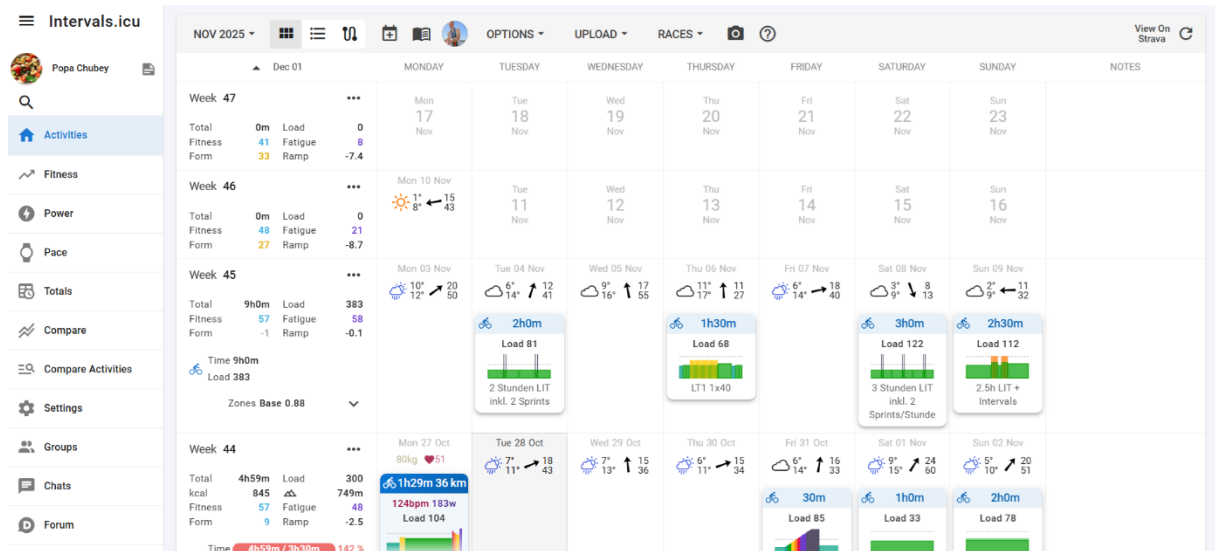
The screenshot shows the Intervals.icu interface for a user named Popa Chubey. The main view is a calendar of weeks. Week 45 is selected, and a context menu is open over it. The menu options are:

- Week totals
- Copy week
- Paste week
- Duplicate week
- Insert week
- Hide week
- Show week
- Lock week
- Unlock week
- Delete week
- Clear week
- Download

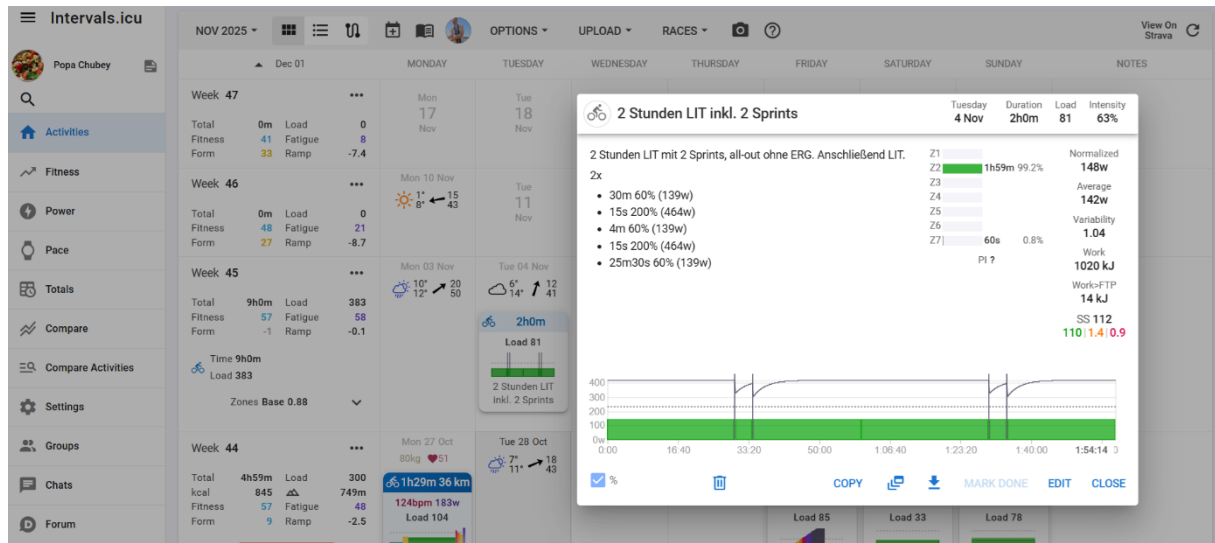
The calendar shows the following data for Week 45:

Week	Total Time	Load	Fatigue	Form	Ramp
Week 45	0m	48	30	-	-

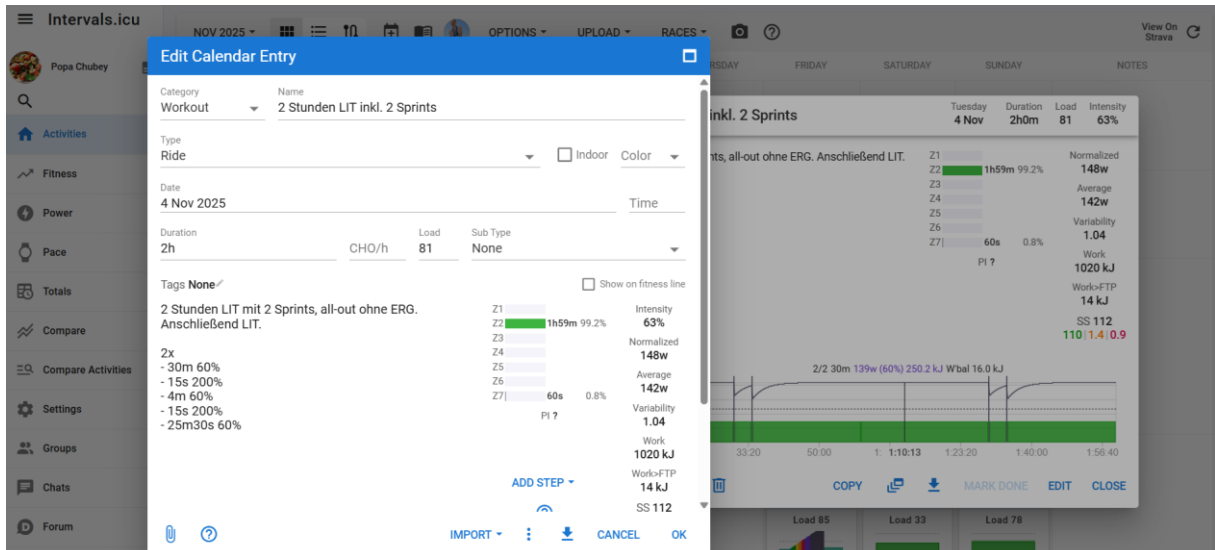
Die Trainingseinheiten sind anschließend da.



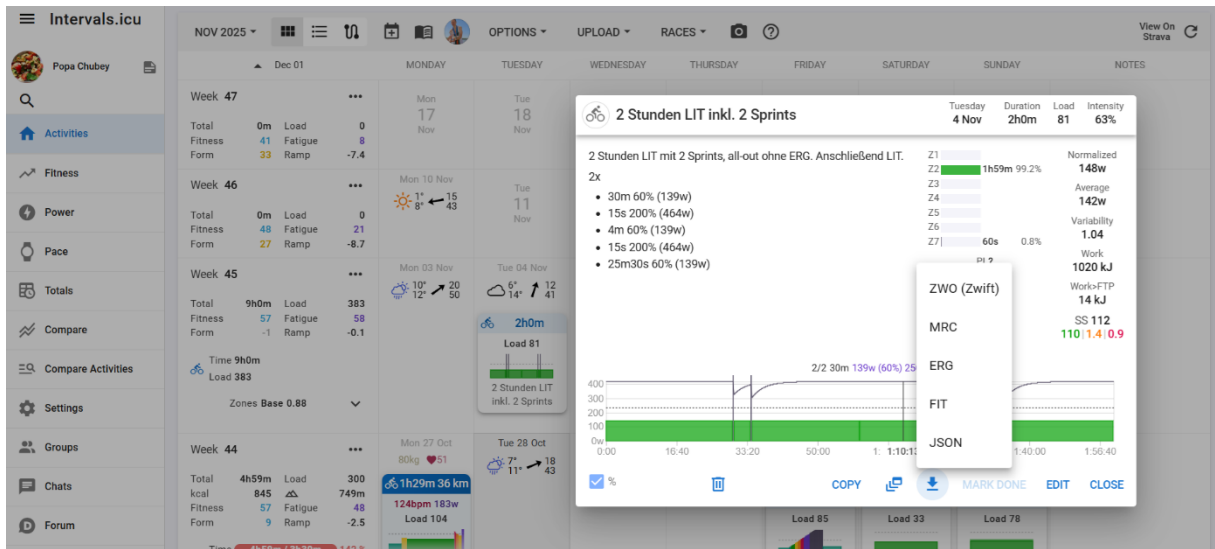
Datum Einheit ändern, falls anderen Rhythmus oder Download der Einheit. Auf die Einheit klicken, Fenster geht auf.



Datum ändern und mit OK wieder zu machen.



Download, den Pfeil nach unten anwählen und entsprechendes Format auswählen. MRC für Rouvy.



Upload in Rouvy, in Workouts aus Datei importieren auswählen und die entsprechende Datei hochladen. Das Workout kann anschließend direkt gestartet werden, zu den Favoriten hinzugefügt, im Rouvy Kalender geplant oder bearbeitet werden.

The screenshot shows the Rouvy website interface. At the top, there is a navigation bar with the Rouvy logo and menu items: KALENDER, KARTE (with a 'NEU' badge), ROUTEN, WORKOUTS (underlined), EVENTS, CHALLENGES, and SPOTLIGHTS. On the right side of the navigation bar, there are icons for language (Deutsch), notifications, a user profile, and a globe. The main content area features a workout titled '1_5_STUNDEN_INKL_3X10X40_20_93_PVO2MAX.MRC' with a 'MEDIUM' difficulty badge. Below the title, it says 'EMPFEHLUNG ROUTE' and 'Bonnievale Valley | South Africa'. There is a 'Privat' status indicator. The workout details include a duration of '1 Std 30 min', a TSS of '59.0', and a calorie burn of '+630'. A dropdown menu is open, showing options: 'Teilen', 'Bearbeiten', 'Duplizieren und bearbeiten', and 'Löschen'. At the bottom of the workout card, there are three buttons: 'IN DER APP ÖFFNEN' (yellow), 'ZU FAVORITEN HINZUFÜGEN' (purple), and 'WORKOUT PLANEN' (purple). A '...' button is also present. The bottom right corner of the page has a chat bubble icon.