

Trainingsplan Herbst 2016 (teilweise ab Anfang August)

| Montag | 15:30 | 16:00 | 16:15 | 16:30 | 16:45 | 17:00 | 17:01 | 17:15 | 17:30 | 17:31 | 17:45 | 17:46 | 18:00 | 18:01 | 18:30 | 18:31 | 18:45 | 18.46 | 19:00 | 19:15 | 19:30 | 19:31 | 20:00 |
|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| KG | | | | | | | | | | | | | | | | | | | | | | | |
| U8 | | | | | | | | | | | | | | | | | | | | | | | |
| U9 | | | | | | | | | | | | | | | | | | | | | | | |
| U11 | | | | | | | | | | | | | | | | | | | | | | | |
| U12 | | | | | | | | | | | | | | | | | | | | | | | |
| U14 | | | | | | | | | | | | | | | | | | | | | | | |
| U16 | | | | | | | | | | | | | | | | | | | | | | | |
| KM / U23 | | | | | | | | | | | | | | | | | | | | | | | |
| Payer | | | | | | | | | | | | | | | | | | | | | | | |

in Velm 18.00 bis 19.30 Uhr

| Dienstag | 15:30 | 16:00 | 16:15 | 16:30 | 16:45 | 17:00 | 17:01 | 17:15 | 17:30 | 17:31 | 17:45 | 17:46 | 18:00 | 18:01 | 18:30 | 18:31 | 18:45 | 18.46 | 19:00 | 19:15 | 19:30 | 19:31 | 20:00 |
|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| KG | | | | | | | | | | | | | | | | | | | | | | | |
| U8 | | | | | | | | | | | | | | | | | | | | | | | |
| U9 | | | | | | | | | | | | | | | | | | | | | | | |
| U11 | | | | | | | | | | | | | | | | | | | | | | | |
| U12 | | | | | | | | | | | | | | | | | | | | | | | |
| U14 | | | | | | | | | | | | | | | | | | | | | | | |
| U16 | | | | | | | | | | | | | | | | | | | | | | | |
| KM / U23 | | | | | | | | | | | | | | | | | | | | | | | |
| Payer | | | | | | | | | | | | | | | | | | | | | | | |

| Mittwoch | 15:30 | 16:00 | 16:15 | 16:30 | 16:45 | 17:00 | 17:01 | 17:15 | 17:30 | 17:31 | 17:45 | 17:46 | 18:00 | 18:01 | 18:30 | 18:31 | 18:45 | 18.46 | 19:00 | 19:15 | 19:30 | 19:31 | 20:00 |
|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| KG | | | | | | | | | | | | | | | | | | | | | | | |
| U8 | | | | | | | | | | | | | | | | | | | | | | | |
| U9 | | | | | | | | | | | | | | | | | | | | | | | |
| U11 | | | | | | | | | | | | | | | | | | | | | | | |
| U12 | | | | | | | | | | | | | | | | | | | | | | | |
| U14 | | | | | | | | | | | | | | | | | | | | | | | |
| U16 | | | | | | | | | | | | | | | | | | | | | | | |
| KM / U23 | | | | | | | | | | | | | | | | | | | | | | | |
| Payer | | | | | | | | | | | | | | | | | | | | | | | |

| Donnerstag | 15:30 | 16:00 | 16:15 | 16:30 | 16:45 | 17:00 | 17:01 | 17:15 | 17:30 | 17:31 | 17:45 | 17:46 | 18:00 | 18:01 | 18:30 | 18:31 | 18:45 | 18.46 | 19:00 | 19:15 | 19:30 | 19:31 | 20:00 |
|------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| KG | | | | | | | | | | | | | | | | | | | | | | | |
| U8 | | | | | | | | | | | | | | | | | | | | | | | |
| U9 | | | | | | | | | | | | | | | | | | | | | | | |
| U11 | | | | | | | | | | | | | | | | | | | | | | | |
| U12 | | | | | | | | | | | | | | | | | | | | | | | |
| U14 | | | | | | | | | | | | | | | | | | | | | | | |
| U16 | | | | | | | | | | | | | | | | | | | | | | | |
| KM / U23 | | | | | | | | | | | | | | | | | | | | | | | |
| Payer | | | | | | | | | | | | | | | | | | | | | | | |

in Velm 18.00 bis 19.30 Uhr

| Freitag | 15:30 | 16:00 | 16:15 | 16:30 | 16:45 | 17:00 | 17:01 | 17:15 | 17:30 | 17:31 | 17:45 | 17:46 | 18:00 | 18:01 | 18:30 | 18:31 | 18:45 | 18.46 | 19:00 | 19:15 | 19:30 | 19:31 | 20:00 |
|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| KG | | | | | | | | | | | | | | | | | | | | | | | |
| U8 | | | | | | | | | | | | | | | | | | | | | | | |
| U9 | | | | | | | | | | | | | | | | | | | | | | | |
| U11 | | | | | | | | | | | | | | | | | | | | | | | |
| U12 | | | | | | | | | | | | | | | | | | | | | | | |
| U14 | | | | | | | | | | | | | | | | | | | | | | | |
| U16 | | | | | | | | | | | | | | | | | | | | | | | |
| KM / U23 | | | | | | | | | | | | | | | | | | | | | | | |
| Payer | | | | | | | | | | | | | | | | | | | | | | | |

Trainingsunterstützung KM / U23 wird noch geklärt

Individualtraining Damir Ozegovic