

Trainingsplan

	Mo			Di			Mi				Do			Fr					
	GSH(1)	GSH(2)	GSH(3)	SWH(1)	SWH(2)	SWH(3)	GSH(1)	GSH(2)	GSH(3)	WSH	GSH(1)	GSH(2)	GSH(3)	SWH(1)	SWH(2)	SWH(3)	GS H (1)	GSH (2)	GSH (3)
15:00																		H4	H4
15:30																			
16:00				U12 (w) Kiki/ Yvonne			Alex (m)			U10 (w) Kiki				U12 (w) Kiki/Yvonne		EG (2)			
16:30	U13 (m) Jamie	U14 (m) Pascal						U14 (m) Fynn	EG (2)						U14 (m) Pascal				
17:00																			
17:30			Turn															U13 (m) Jamie	
18:00	D2 Yvonne	Alex (m)		EG (1) Meik	H4	Alex	H3 Meik	Technik Fynn (m)	HUB					D2 Yvonne	H3 Meik				
18:30																			
19:00			Meik H3													H2 HP			
19:30																			
20:00	D1 Yvonne	H1 Uwe		D1 Yvonne	H2 HP	H1 Uwe	H1 Uwe	H2 HP	Mixed Guido	Ü16 (w) Yvonne	H1 Uwe			D1 Yvonne	Mixed Guido				
20:30																			
21:00																			
21:30																			
22:00																			

Legende:

D = Damen H = Herren w = weiblich m= männlich EG = Entwicklungs- und Einsteigergruppe

GSH = Großsporthalle

SWH = Schwarzwaldhalle

WSH = Weststadt (Grundschul-) Halle