

# Trainingsplan 2018



Wochentag	Platz	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 17:30	17:30 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00		
Montag	1	Training BASE									
	2	Training BASE									
	3	Training BASE									
	4	Training BASE									
	5										
	6	Training Mimmo									
Dienstag	1	Training BASE						Damen 50			
	2	Training BASE						Damen 50			
	3	Training BASE						Herren 30 II			
	4	Training BASE						Herren 30 II			
	5							Herren 30 III			
	6							Training Mimmo			
Mittwoch	1	Training BASE									
	2	Training BASE							Herren 50		
	3	Training BASE							Herren 50		
	4	Training BASE							Herren 55		
	5							Herren 55			
	6							Training Mimmo			
Donnerstag	1	Training BASE						Training Martin			
	2	Training BASE									
	3										
	4										
	5										
	6										
Freitag	1	Training BASE						Herren 30 III			
	2	Training BASE						Herren 30 III			
	3	Training BASE						Herren 30 II			
	4	Training BASE						Herren 40 I			
	5	Training BASE						Herren 40 I			
	6							Mimmo	Herren 40 I		

Der Trainingsplan gilt nur während der Medenrunde!

Stand: 19.04.2018