

Trainingsplan 2019



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 I	
	4	Training BASE						Herren 30 I	
	5							Herren 40 I	
	6							Herren 30 II	
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							
	2	Training BASE							
	3	Training BASE							
	4	Training BASE							
	5								
	6								
Freitag	1	Training BASE						Herren 30 II	
	2	Training BASE						Herren 30 II	
	3	Training BASE						Herren 30 I	
	4	Training BASE						Herren 40 I	
	5	Training BASE						Herren 40 I	
	6							Training Mimmo	

Der Trainingsplan gilt vorerst nur während der Medenrunde!