

Trainingsplan 2022



Wochentag	Platz	10:00-12:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 18:00	18:00 - 19:00	19:00 - 20:00	20:00 - 21:00	21:00 - 22:00	
Montag	1						Damen 40				
	2	Training BASE									
	3	Herren 65/70	Training BASE								
	4	Herren 65/70	Training BASE								
	5	Herren 65/70	Training Mimmo								
	6	Herren 65/70									
Dienstag	1	Training BASE									
	2	Training BASE									
	3	Training BASE					Damen 50				
	4	Training BASE					Damen 50				
	5						Herren 40 I				
	6						Herren 40 II				
Mittwoch	1	Training BASE									
	2	Training BASE					Herren 50				
	3	Training BASE					Herren 50				
	4						Herren 60				
	5						Herren 60				
	6										
Donnerstag	1										
	2										
	3										
	4										
	5										
	6										
Freitag	1	Training BASE									
	2	Training BASE					Herren 40 II				
	3	Training BASE					Herren 40 II				
	4						Herren 40 I				
	5						Herren 40 I				
	6						Training Mimmo				

Der Trainingsplan gilt vorerst nur während der Medenrunde!