



TRAININGSPLAN SAISON 2016/17

20. August 2016

VORRUNDE

MONTAG					DIENSTAG					MITTWOCH					DONNERSTAG					FREITAG					SAMSTAG			
H	U	T	T		H	U	T	T		H	U	T	T		H	U	T	T		H	U	T	T		H	T		
N	N	A	A		N	N	A	A		N	N	A	A		N	N	A	A		N	N	A	A		N	Z		
I	I	I	I		I	I	I	I		I	I	I	I		I	I	I	I		I	I	I	I		I	K		
K	K	N	N		K	K	I	I		K	K	I	I		K	K	I	I		K	K	I	I		K	E		
E	E	I	I		E	E	N	N		E	E	N	N		E	E	N	N		E	E	N	N		E	R		
R	R	G	G		R	R	G	G		R	R	G	G		R	R	G	G		R	R	G	G		R	M		
M	M	S	S		M	M	S	S		M	M	S	S		M	M	S	S		M	M	S	S		M	A		
A	A	P	P		A	A	P	P		A	A	P	P		A	A	P	P		A	A	P	P		A	T		
T	T	L	L		T	T	L	L		T	T	L	L		T	T	L	L		T	T	L	L		T	T		
T	T	A	A		T	T	A	A		T	T	A	A		T	T	A	A		T	T	A	A		T	E		
E	E	Z	Z		E	E	Z	Z		E	E	Z	Z		E	E	Z	Z		E	E	Z	Z		E	Z		
16:30					16:30					16:30		G			16:30					16:30					10:00			
16:45					16:45					16:45		G			16:45						16:45					10:15		
17:00					17:00					17:00		G			17:00						17:00					10:30		
17:15					17:15					17:15		G			17:15						17:15					10:45		
17:30					17:30					17:30		G		Da	17:30						17:30					11:00		Fa
17:45	Da				17:45					17:45		G		Da	17:45						17:45					11:15		Fa
18:00	Da				18:00					18:00		G		Da	18:00						18:00					11:30		Fa
18:15	Da				18:15					18:15				Da	18:15						18:15					11:45		Fa
18:30	Da	B-Jun.			18:30					18:30				Da	18:30						18:30					12:00		Fa
18:45	Da	B-Jun.			18:45					18:45				Da	18:45						18:45					18:45		
19:00	Da	B-Jun.			19:00					19:00					19:00						19:00					19:00		
19:15		B-Jun.			19:15					19:15					19:15						19:15					19:15		
19:30	1.Mann	B-Jun.			19:30	3.Mann				19:30	1.Mann		Sen+40	19:30	1.Mann					19:30	3.Mann				19:30			
19:45	1.Mann	B-Jun.			19:45	3.Mann				19:45	1.Mann		Sen+40	19:45	B-Jun.					19:45	3.Mann				19:45			
20:00	1.Mann		2.Mann		20:00	3.Mann				20:00	1.Mann		Sen+40	20:00						20:00	3.Mann				20:00			
20:15	1.Mann		2.Mann		20:15	3.Mann				20:15	1.Mann		Sen+40	20:15						20:15	3.Mann				20:15			
20:30	1.Mann		2.Mann		20:30	3.Mann				20:30	1.Mann		Sen+40	20:30						20:30	3.Mann				20:30			
20:45	1.Mann		2.Mann		20:45	3.Mann				20:45	1.Mann		Sen+40	20:45						20:45	3.Mann				20:45			
21:00			2.Mann		21:00					21:00										21:00	2.Mann				21:00			
21:15			2.Mann		21:15					21:15										21:15	2.Mann				21:15			
21:30					21:30					21:30										21:30					21:30			
21:45					21:45					21:45										21:45					21:45			
22:00					22:00					22:00										22:00					22:00			