

# Trainingsplan Sommer 2019

Platz Zeit	Montag			Dienstag			Mittwoch			Donnerstag			Freitag				Platz Zeit
	4	5	6	4	5	6	4	5	6	4	5	6	2	4	5	6	
09.00-10.00																	09.00-10.00
10.00-12.00								Damen 60									10.00-12.00
12.00-12.30																	12.00-12.30
12.30-13.00																	12.30-13.00
13.00-13.30																	13.00-13.30
13.30-14.00																	13.30-14.00
14.00-14.30																	14.00-14.30
14.30-15.00																	14.30-15.00
15.00-15.30																	15.00-15.30
15.30-16.00																	15.30-16.00
16.00-16.30																	16.00-16.30
16.30-17.00																	16.30-17.00
17.00-17.30																	17.00-17.30
17.30-18.00																	17.30-18.00
18.00-18.30								Herren 50-2				Herren 40					18.00-18.30
18.30-19.00																	18.30-19.00
19.00-19.30								Damen 40-1									19.00-19.30
19.30-20.00																	19.30-20.00
20.00-20.30																	20.00-20.30

Silvia

Flo und Team

Mannschaftstraining