

Wochenplan - Sommertraining ESV 03

Saison: 2018/19	Test: 11.04./15.05./27.06.	1. Mesozyklus: 11.04.-13.05. (4,5 Wo.)	2. Mesozyklus: 14.05.-10.06. (4 Wo.)	3. Mesozyklus: 11.06.-08.07. (4 Wo.)	Trainingshalle Vereisung: 07.05.-29.06.
---------------------------	--------------------------------------	--	--	--	---

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
06:30		06:30-07:20 TrH Eis		07:00-07:50 TrH Eis			
07:00		07:00-08:20 TH 5.-8. KI		07:00-08:20 TH 5.-8. KI			
07:30							
08:00							
08:30	08:00-09:45 KITs	08:00-09:45 KITs	08:00-09:45 KITs	08:00-09:45 KITs	08:00-09:45 KITs		
09:00							
09:30							
10:00	10:00-11:20 TH 7.-8. KI	10:00-11:20 TH 9.-12. KI	10:00-11:20 TH 9.-12. KI	10:00-11:20 TH 9.-10. KI	10:00-11:20 TH 7.-8. KI		
10:30							
11:00							
11:30							
...		13:30-14:30 GTA Com.	13:30-14:30 GTA RB.	13:30-15:00 GTA Fle.		13:50-14:50 TrH U9 Eis	
15:30					15:30-16:30 TH (ZN 50%) U13		
15:45						13:50-14:50 TrH U11 Eis	
16:00	16:45-17:45 ESH (66%) U9 Inline		16:00-17:00 TH (50%) U13		15:30-16:30 TH (ZN 50%) U11		
16:15						13:50-14:50 TrH U13 Eis	
16:30							
16:45	16:30-17:45 ESH (33%) U11 Inline		16:00-17:00 TH (50%) U11		16:30-17:30 TH U16		
17:00							
17:15							
17:30	18:00-19:15 ESG (GLA) U13		17:00-18:00 TH U9				
17:45							
18:00				18:00-19:30 TH/Kr U19			
18:15	18:00-19:15 ESG (GLA) U16		18:00-19:15 TH U16				
18:30		18:30-20:00 ESG (GLA) U19					
18:45							
19:00	19:30-21:00 TH/KR U19		19:15-20:30 TH U19				
19:15				19:00-20:30 ESH Hobby Inline			
19:30							
19:45	19:00-20:00 ESH		20:30-21:45 TH Hobby				
20:00	20:20-21:30 TrH Eis U19	20:00-21:00 TH 1. MM					
20:15							
20:30							
20:45	19:00-20:30 ESH						
21:00	20:00-21:30 ESH						
21:15	Hobby Inline						