

Wochenplan - Sommertraining ESV 03

<u>Saison:</u> 2018/19	<u>Test:</u> 11.04./15.05./27.06.	<u>1. Mesozyklus:</u> 11.04.-13.05. (4,5 Wo.)	<u>2. Mesozyklus:</u> 14.05.-10.06. (4 Wo.)	<u>3. Mesozyklus:</u> 11.06.-08.07. (4 Wo.)	<u>Trainingshalle Vereisung:</u> 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		07:00-08:20 TH			
07:30		5.-8. KI		5.-8. KI			
08:00							
08:30	08:00-09:45 KTTA	08:00-09:45 KTTA	08:00-09:45 KTTA	08:00-09:45 KTTA	08:00-09:45 KTTA		
09:00							
09:30							
10:00	10:00-11:20 TH	10:00-11:20 TH	10:00-11:20 TH	10:00-11:20 TH	10:00-11:20 TH		
10:30	7.-8. KI	9.-12. KI	9.-12. KI	9.-10. KI	7.-8. KI		
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	
15:30					15:30-16:30 TH (ZN 50%)	U9 Eis	
15:45					U13		
16:00	16:45-17:45 ESH (66%)		16:00-17:00 TH (50%)			13:50-14:50 TrH	
16:15	U9 Inline		U13		15:30-16:30 TH (ZN 50%)	U11 Eis	
16:30					U11		
16:45	16:30-18:00 ESH (33%)		16:00-17:00 TH (50%)			13:50-14:50 TrH	
17:00	U11 Inline		U11		16:30-17:30 TH	U13 Eis	
17:15					U16		
17:30	18:00-19:15 ESG (GLA)		17:00-18:00 TH				
17:45	U13		U9				
18:00				18:00-19:30 TH/Kr			
18:15	18:00-19:15 ESG (GLA)		18:00-19:15 TH	U19			
18:30	U16	18:30-20:00 ESG (GLA)	U16				
18:45		U19					
19:00	19:30-21:00 TH/KR		19:15-20:30 TH				
19:15	U19		U19	19:00-20:30 ESH			
19:30				Hobby Inline			
19:45	19:00-20:00 ESH		20:30-21:45 TH				
20:00	20:20-21:30 TrH Eis	20:00-21:00 TH	Hobby				
20:15	U19	1. MM					
20:30							
20:45	19:00-20:30 ESH						
21:00	20:00-21:30 ESH						
21:15	Hobby Inline						