

# Trainingslagerplan

U17

02.-05. August 2018

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Donnerstag, 02.08.	06:15	Treff
	06:20	Begrüßung
	07:00 - 07:50	Eis
	08:15 - 09:15	cool-down (Blackroll - Stretching)
	09:30	Frühstück
	10:15 - 12:00	Pause
	12:30 - 13:20	Eis
	13:45	Mittagessen
	15:00 - 16:00	Athletik (TH)
Freitag, 03.08.	06:40	Treff
	07:00 - 07:50	Eis
	08:15 - 09:00	cool-down (Blackroll - Stretching)
	09:15	Frühstück
	10:30 - 11:30	Athletik (TH)
	11:45	Mittagessen
	13:30 - 14:20	Eis
	14:45 - 15:30	cool-down (Blackroll - Stretching)
	Samstag, 04.08.	07:00
07:30 - 08:45		Eis
09:00 - 09:30		cool-down (Blackroll - Stretching)
09:45		Frühstück
11:00 - 12:00		Theorie/Video/(Athletik - ESG)
12:15		Mittag
14:00 - 14:50		Eis
15:15 - 16:00		cool-down (Blackroll - Stretching)
Sonntag, 05.08.		07:30
	07:45 - 08:45	Athletik (TH)
	09:15	Frühstück
	09:45 - 10:45	Eis
	11:15 - 12:00	cool-down (Blackroll - Stretching)
	12:15	Mittag
	12:45 - 14:45	Pause
	14:30 - 15:00	Theorie/Video
	15:15 - 16:15	Eis (Trainingsspiel)