Trainingsplan Sportzentrum Aug Herbst 2022

	Montag					Dienstag					Mittwoch					Donnerstag					Freitag					
	KLEIN	KUNSTRASEN				KLEIN	KUNSTRASEN				KLEIN	KUNSTRASEN				KLEIN	KUNSTRASEN				KLEIN	KUNSTRASEN				
15:00-15:15																					U5		U7			**15:00**-15:15
15:15-15:30																					U5		U7			15:15-15:30
15:30-15:45																		U6			U5		U7		U9	15:30-15:45
15:45-16:00																		U6			U5		U7		U9	15:45-16:00
16:00-16:15		U8																U6				U10	U7		U9	**16:00**-16:15
16:15-16:30		U8																U6				U10			U9	16:15-16:30
16:30-16:45		U8	U12					U13			U8					U13		U12				U10		U13	U9	16:30-16:45
16:45-**17:00**		U8	U12					U13			U8					U13		U12				U10		U13	U9	16:45-17:00
17:00-17:15	U10	U8	U12	U11		U14		U13			U7 / U8	U14				U13		U12	U11			U10	U14	U13		**17:00**-17:15
17:15-17:30	U10	U8	U12	U11		U14		U13			U7 / U8	U14				U13		U12	U11			U10	U14	U13		17:15-17:30
17:30-17:45	U10		U12	U11		U14	U9	U13			U7 / U8	U14				U13		U12	U11				U14	U13		17:30-17:45
17:45-18:00	U10		U12	U11		U14	U9	U13			U7 / U8	U14				U13		U12	U11				U14	U13		17:45-18:00
18:00-18:15	U10			U11		U14	U9	U13			U7	U14				U13			U11		LL		U14	U13		**18:00**-18:15
18:15-18:30	U10					U14	U9	U13			U7	U14				U13					LL		U14	U13		18:15-18:30
18:30-18:45	RLS		U16a	U18		RLS	U9						U16a	U18		RLS	U18	U16a			RLS / LL		U16a	U18		18:30-18:45
18:45-19:00	RLS		U16a	U18		RLS							U16a	U18		RLS	U18	U16a			RLS / LL		U16a	U18		18:45-19:00
19:00-19:15	RLS		U16a	U18	LL	RLS	LL	AH	JUN		D		U16a	U18		RLS	U18	U16a	LL		RLS / LL		U16a	U18		**19:00**-19:15
19:15-19:30	RLS		U16a	U18	LL	RLS	LL	AH	JUN		D		U16a	U18		RLS	U18	U16a	LL		RLS / LL		U16a	U18		19:15-19:30
19:30-19:45	RLS		U16a	U18	LL	RLS	LL	AH	JUN		D		U16a	U18		RLS	U18	U16a	LL		RLS		U16a	U18		19:30-19:45
19:45-20:00	RLS		U16a	U18	LL	RLS	LL	AH	JUN		D		U16a	U18		RLS	U18	U16a	LL		RLS		U16a	U18		19:45-20:00
20:00-20:15					LL		LL	AH	JUN		D							JUN	LL							**20:00**-20:15
20:15-20:30					LL		LL	AH	JUN		D							JUN	LL							20:15-20:30
20:30-20:45																		JUN								20:30-20:45
20:45-21:00																		JUN								20:45-21:00
21:00-21:15																		JUN								**21:00-21:15**
21:15-21:30																		JUN								21:15-21:30
21:30-21:45																										21:30-21:45
21:45-22:00																										21:45-22:00