Trainingsplan Sportzentrum Aug Frühjahr 2024

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