

# Trainingsplan 2019

	Montag				Dienstag				Mittwoch				Donnerstag				Freitag				Samstag			
Platz	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
10.00-11.30																								
13.30-14.30																								
15.00-16.00																								
16.00-17.00																								
17.00-18.00											H50	H50												
18.00-19.00											H60	H60	Mix	Mix	Mix					H	H			
19.00-20.00											H50	H50	Mix	Mix	Mix					H	H			
20.00-21.00											H60	H60								H	H			

- H** = Training Herren
- H50** = Training Mannschaft Herren 50
- H60** = Training Mannschaft Herren 60
- Mix** = freies Mixed-Training