

Trainingsplan MEDENRUNDE 2021

Mannschaftstraining
Jugendtraining

| |
|---------------|
| 10.00 - 12.00 |
| 14.00 - 15.00 |
| 15.00 - 16.00 |
| 16.00 - 17.00 |
| 17.00 - 18.00 |
| 18.00 - 19.00 |
| 19.00 - 20.00 |
| 20.00 - 20.30 |

| | Montag | | | | |
|-----------|--------|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 |
| Herren 50 | | | | | |
| | | | | | |
| Damen 40 | | | | | |
| | | | | | |

| | Dienstag | | | | |
|--------------------|----------|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 |
| Herren + Herren 40 | | | | | |
| | | | | | |

| | Mittwoch | | | | |
|------------------------|----------|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 |
| Herren 65 Herren 70 | | | | | |
| | | | | | |
| Herren 65 | | | | | |
| | | | | | |

| | Donnerstag | | | | |
|----------|------------|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 |
| Herren 2 | | | | | |
| | | | | | |

| | Freitag | | | | |
|-------|---------|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 |
| Damen | | | | | |
| | | | | | |