

# Trainingsplan MEDENRUNDE 2022

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<br>Herren 70 |          |   |   |   |   |
|                        |          |   |   |   |   |
| Herren 65              |          |   |   |   |   |
| Damen                  |          |   |   |   |   |

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

|           | Freitag |   |   |   |   |
|-----------|---------|---|---|---|---|
|           | 1       | 2 | 3 | 4 | 5 |
| Herren 50 |         |   |   |   |   |
|           |         |   |   |   |   |
|           |         |   |   |   |   |