Trainingsplan Sportzentrum Aug Herbst 2021

	Montag					Dienstag					Mittwoch					Donnerstag						Freitag					
	KLEIN	KUNSTRASEN				KLEIN	KUNSTRASEN				KLEIN	KUNSTRASEN				KLEIN	KUNSTRASEN				GUMP	KLEIN	KUNSTRASEN				
15:00-15:15																							U6				**15:00**-15:15
15:15-15:30																							U6				15:15-15:30
15:30-15:45																							U6				15:30-15:45
15:45-16:00																							U6				15:45-16:00
16:00-16:15	FT12			U7														U7				U14 / D	U12		U13		**16:00**-16:15
16:15-16:30	FT12			U7														U7				U14 / D	U12		U13		16:15-16:30
16:30-16:45	FT12		U10	U7	U11									FT13		U10	U11	U7				U14 / D	U12		U13		16:30-16:45
16:45-**17:00**	FT12		U10	U7	U11									FT13		U8 / U10	U11	U7				U14 / D	U12		U13		16:45-17:00
17:00-17:15	U13 / FT 12	U8 / U9	U10	U7	U11			U14	U12			U14		FT13		U8 / U10	U11	U16b	U9			U14 / D	U12		U13	JUN	**17:00**-17:15
17:15-17:30	U13 / FT12	U8 / U9	U10		U11			U14	U12			U14		FT13		U8 / U10	U11	U16b	U9			U14 / D	U12		U13	JUN	17:15-17:30
17:30-17:45	U13	U8 / U9	U10		U11		U16b	U14	U12			U14		FT13		U8 / U10	U11	U16b	U9							JUN	17:30-17:45
17:45-18:00	U13	U8 / U9	U10		U11		U16b	U14	U12			U14		FT13		U8 / U10	U11	U16b	U9							JUN	17:45-18:00
18:00-18:15	U13	U8 / U9					U16b	U14	U12			U14		FT14		U8 / U10		U16b	U9							JUN	**18:00**-18:15
18:15-18:30	U13	U8 / U9					U16b	U14	U12			U14		FT14		U8 / U10		U16b	U9							JUN	18:15-18:30
18:30-18:45	RLS		U16a	U18		RLS	U16b				U18 / D	U16a				RLS	U18	U16a				RLS		U16a	U18		18:30-18:45
18:45-19:00	RLS		U16a	U18		RLS	U16b				U18 / D	U16a				RLS	U18	U16a				RLS		U16a	U18		18:45-19:00
19:00-19:15	RLS		U16a	U18/LL		RLS	LL	AH	JUN		U18 / D	U16a				RLS	U18	U16a	LL			RLS		U16a	U18		**19:00**-19:15
19:15-19:30	RLS		U16a	U18/LL		RLS	LL	AH	JUN		U18 / D	U16a				RLS	U18	U16a	LL			RLS		U16a	U18		19:15-19:30
19:30-19:45	RLS		U16a	U18/LL		RLS	LL	AH	JUN		U18 / D	U16a				RLS	U18	U16a	LL			RLS		U16a	U18		19:30-19:45
19:45-20:00	RLS		U16a	U18/LL		RLS	LL	AH	JUN		U18 / D	U16a				RLS	U18	U16a	LL			RLS		U16a	U18		19:45-20:00
20:00-20:15							LL	AH	JUN										LL								**20:00**-20:15
20:15-20:30							LL	AH	JUN										LL								20:15-20:30
20:30-20:45																											20:30-20:45
20:45-21:00																											20:45-21:00
21:00-21:15																											**21:00-21:15**
21:15-21:30																											21:15-21:30
21:30-21:45																											21:30-21:45
21:45-22:00																											21:45-22:00