

Athletiktraining



	Woche 1	Woche 2
Team	Montag	Montag
Da		
Db	17:30-18:10	
Dc		17:30-18:10
Dd		
Ca	18:10-18:50	
Cb	18:50-19:30	
Cc		18:10-18:50
Ba	19:30 - 20:00	
Bb		19:00-19:30
A		19:30 - 20:00

40 - Min 3 Training
30 - Min im Mannschaftstraining

		17:30-18:10	18:10-18:50	18:50-19:30	19:30-20:00
Montag	12.09.2022	Db	Ca	Cb	Ba (Im Team-Training)
Montag	19.09.2022	Dc	Cc	Bb (19:00 - 19:30) (Im Team-Training)	A (Im Team-Training)
Montag	26.09.2022	Db	Ca	Cb	Ba (Im Team-Training)
Montag	03.10.2022	Dc	Cc	Bb (19:00 - 19:30) (Im Team-Training)	A (Im Team-Training)
Montag	10.10.2022	Db	Ca	Cb	Ba (Im Team-Training)
Montag	17.10.2022	Dc	Cc	Bb (19:00 - 19:30) (Im Team-Training)	A (Im Team-Training)
Montag	24.10.2022	Db	Ca	Cb	Ba (Im Team-Training)
Montag	31.10.2022	Dc	Cc	Bb (19:00 - 19:30) (Im Team-Training)	A (Im Team-Training)
Montag	07.11.2022	Db	Ca	Cb	Ba (Im Team-Training)
Montag	14.11.2022	Dc	Cc	Bb (19:00 - 19:30) (Im Team-Training)	A (Im Team-Training)