

# Trainingsplan

## Trainingsplan März 2017 – Oktober 2017

Team	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
U7	18:00 – 19:00h		17:15 – 18:15h		14:00 – 15:00h 18:00 – 19:00h
U9	18:00 – 19:00h		17:15 – 18:15h		14:00 – 15:00h 18:00 – 19:00h
U11	17:30 – 18:30h		18:15 – 19:15h		18:00 – 19:00h
U13	17:30 – 18:30h		18:15 – 19:15h		18:00 – 19:00h
U16	18:30 – 19:30h		19:15 – 20:15h		18:00 – 19:00h



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U9	17:30 - 18:30h		17:00 – 18:15h		17:00 – 18:15h
U11	17:00 - 18:15h 17:30 - 18:30h	17:00 – 18:15h		17:00 – 18:15h	
U13	18:30 - 19:30h				
U16	18:30 - 19:30h				

← Laufgruppe Wolfurt  
ganzjährig