

# Trainingsplan

| Zeit          | Montag |     |   |   |   | Dienstag |     |       |   |   | Mittwoch |   |   |   |   | Donnerstag |   |     |   |   | Freitag |   |   |   |   |   |
|---------------|--------|-----|---|---|---|----------|-----|-------|---|---|----------|---|---|---|---|------------|---|-----|---|---|---------|---|---|---|---|---|
|               | Kabine | 1   | 2 | 3 | 4 | R        | 1   | 2     | 3 | 4 | R        | 1 | 2 | 3 | 4 | R          | 1 | 2   | 3 | R | R       | 1 | 2 | 3 | 4 | R |
| Platz         |        | B   |   |   |   |          | A/A | A/B/B | A | B |          | A | B | A |   |            | B | A/B |   |   |         | B | A |   |   |   |
| 15:00 - 15:30 |        |     |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 15:30 - 16:00 |        |     |   |   |   |          |     | G     |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 16:00 - 16:30 |        |     |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 16:30 - 17:00 |        |     |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 17:00 - 17:30 |        |     |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 17:30 - 18:00 |        | D 1 |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 18:00 - 18:30 |        |     |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 18:30 - 19:00 |        |     |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 19:00 - 19:30 |        |     |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 19:30 - 20:00 |        |     |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 20:00 - 20:30 |        |     |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |
| 20:30 - 21:00 |        |     |   |   |   |          |     |       |   |   |          |   |   |   |   |            |   |     |   |   |         |   |   |   |   |   |

Stand: 10.07.2020

in Mascherode

in Rautheim