

Trainingsplan

Zeit	Montag					Dienstag					Mittwoch					Donnerstag					Freitag				
		B				A	A/B	B	A		A	A	B				B/B	A			A	B	A		
Kabine	1	2	3	4	R	1	2	3	3+4	R	1	2	3+4	R	R	1	2	3+4		R	1	2	3+4		R
15:00 - 15:30						G																			
15:30 - 16:00																									
16:00 - 16:30																									
16:30 - 17:00									F1 + F2																
17:00 - 17:30		C2					E1 + E2																		
17:30 - 18:00																									
18:00 - 18:30					D1 + D2			C1																	
18:30 - 19:00																									
19:00 - 19:30						1. Herren																			
19:30 - 20:00																									
20:00 - 20:30						2. Herren																			
20:30 - 21:00																									

Stand: 20.08.2021

in Mascherode

in Rautheim