

Trainingsplan

Zeit	Montag					Dienstag					Mittwoch					Donnerstag					Freitag					
		B				A	A/B	B	A		A	A	B	B		B	B	A			B	A				
Kabine	1	3+4	3	4	R	1	2	3+4	3+4	R	1	2	3	4	R	1	2	3+4		R	1	2				R
15:00 - 15:30						G																				
15:30 - 16:00																										
16:00 - 16:30																										
16:30 - 17:00									F 1 + F 2																	
17:00 - 17:30		C 2					E 1 + E 2																			
17:30 - 18:00																										
18:00 - 18:30					D 1 + D 2																					
18:30 - 19:00																										
19:00 - 19:30						1. Herren																				
19:30 - 20:00																										
20:00 - 20:30																										
20:30 - 21:00																										

Stand: 04.04.2022

in Mascherode

in Rautheim

