TA | TB

HA | HB

Trainingsplan 2017

	Montag				Dienstag				Mittwoch				Donnerstag				Freitag			
	TA	TB	HA	HB	TA	TB	HA	HB	TA	TB	HA	HB	TA	TB	HA	HB	TA	TB	HA	HB
17.00 - 17.30																				
17.30 - 18.00									18.00 - 19.30 Goalietraining											
18.00 - 18.30	Eb 1	Ea 3	C 1		Da 2	B	Db		Ea 3	Eb 1	FS 2		Da 2	B	Db		C 1			
18.30 - 19.00																				
19.00 -19.30																				
19.30 - 20.00	40+ 2	TS TS			TS Reserve Tag	ATA 4	1 1		TS Reserve Tag		30+ 1	40+ 2	TS TS		1 1		30+ 1	ATA 4		
20.00 - 20.30																				
20.30 - 21.00																				