



Trainingsplan  
Laufgruppe - Jugend  
15.10. - 21.10.2018

|                   |   |                           |          |
|-------------------|---|---------------------------|----------|
| <b>Montag</b>     | 16:30 - 17:30                               | LG 8a/8b/9                | Eis      |
|                   | 17:45 - 18:30                               | Schnuppertraining / LG 10 | Eis      |
|                   | 18:30 - 19:15                               | TW                        | Eis      |
| <b>Dienstag</b>   | 16:15 - 17:15                               | LG 1/2/3                  | Eis      |
|                   | 17:15 - 18:15                               | LG 1/2/3                  | Athletik |
|                   | 16:15 - 17:15                               | LG 4/5/6                  | Athletik |
|                   | 17:30 - 18:15                               | LG 4/5/6                  | Eis      |
|                   | 17:00 - 18:00                               | LG 7/8a                   | Athletik |
|                   | 18:15 - 19:00                               | LG 7/8a                   | Eis      |
| <b>Mittwoch</b>   | 15:45 - 16:45                               | LG 6/7                    | Eis      |
|                   | 17:00 - 18:00                               | LG 6/7                    | Athletik |
|                   | 16:45 - 17:45                               | LG 8a/8b                  | Eis      |
|                   | 17:00 - 17:45                               | LG 3/4/5                  | Athletik |
|                   | 18:00 - 19:00                               | LG 3/4/5                  | Eis      |
|                   | 19:30 - 20:30                               | LG 1                      | Athletik |
|                   | 20:45 - 22:00                               | BD2/ LG 1                 | Eis      |
| <b>Donnerstag</b> | 15:45 - 16:45                               | LG 1/2                    | Eis      |
|                   | 17:00 - 18:00                               | LG 1/2                    | Athletik |
|                   | 17:00 - 18:00                               | LG 7/8a/8b                | Eis      |
|                   | 18:15 - 19:00                               | LG 9/10                   | Eis      |
| <b>Freitag</b>    | 15:45 - 16:30                               | LG 4/5/6                  | Eis      |
|                   | 16:45 - 17:45                               | LG 2/3                    | Eis      |
|                   | 18:00 - 19:00                               | BD2/ LG 1                 | Eis      |
| <b>Samstag</b>    | Sportaktiv-Messe<br>U11 MK1 in Crimmitschau |                           |          |
| <b>Sonntag</b>    | Sportaktiv-Messe<br>U13 MK1 gg Crimmitschau |                           |          |