



## TRAININGSPLAN SEPTEMBER 2019

|              |            | Lauf<br>Schule | U 9<br>BAMBINI  | U 11<br>KLEINSCHÜLER | U 13<br>KNABEN             | U 15<br>SCHÜLER            | U 17<br>JUGEND             | U 19<br>JUNIOREN           | U 20<br>MORNING            | U 21<br>MORNING            |                            |                            |                            |                     |
|--------------|------------|----------------|---|----------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|---------------------|
| <b>KW 36</b> | Montag     | 02.09.2019     | 14:45-15:45<br>16:00-16:30                                    | ET<br>TT             | 16:00-17:00<br>17:15-17:45 | ET<br>TT                   | 16:00-17:00<br>17:15-17:45 | ET<br>TT                   | 17:15-18:30<br>18:45-19:30 | ET<br>TT                   | 17:15-18:15<br>18:45-20:00 | ET<br>TT                   |                            |                     |
|              | Dienstag   | 03.09.2019     |   |                      | 16:00-16:30<br>17:00-18:00 | TT<br>ET                   | 17:00-17:45<br>18:15-19:15 | TT<br>ET                   | 17:00-17:45<br>18:15-19:15 | TT<br>ET                   | 18:00-19:00<br>19:30-20:30 | TT<br>ET                   | 20:15-21:15<br>20:45-21:45 |                     |
|              | Mittwoch   | 04.09.2019     |   | 14:45-15:45          | ET                         | 15:45-17:00<br>17:15-17:45 | ET<br>TT                   |                            | 17:15-18:30<br>18:45-19:30 | ET<br>TT                   |                            |                            | 17:15-18:30                |                     |
|              | Donnerstag | 05.09.2019     | 14:30-15:30   | 14:30-15:30          | ET                         |                            |                            | 15:30-16:30<br>16:45-17:15 | ET<br>TT                   | 16:45-17:45<br>18:00-18:45 | ET<br>TT                   | 18:00-19:15<br>19:30-20:15 | ET<br>TT                   | 19:30-20:45         |
|              | Freitag    | 06.09.2019     |   |                      |                            |                            |                            | 16:30-17:15<br>17:45-18:45 | TT<br>ET                   |                            |                            | 17:30-18:30<br>19:00-20:15 | TT<br>ET                   |                     |
|              | Samstag    | 07.09.2019     | 12:15-13:15   |                      |                            | 09:30-10:45                | ET                         |                            |                            |                            |                            |                            |                            | A 18:30<br>CHEMNITZ |
|              | Sonntag    | 08.09.2019     |   |                      |                            |                            |                            |                            |                            |                            |                            |                            |                            | A 10:00<br>CHEMNITZ |
| <b>KW 37</b> | Montag     | 09.09.2019     | 14:45-15:45<br>16:00-16:30                                    | ET<br>TT             | 16:00-17:00<br>17:15-17:45 | ET<br>TT                   | 16:00-17:00<br>17:15-17:45 | ET<br>TT                   | 17:15-18:30<br>18:45-19:30 | ET<br>TT                   | 17:15-18:15<br>18:45-20:00 | ET<br>TT                   | 20:15-21:15                |                     |
|              | Dienstag   | 10.09.2019     |   |                      | 16:00-16:30<br>17:00-18:00 | TT<br>ET                   | 17:00-17:45<br>18:15-19:15 | TT<br>ET                   | 17:00-17:45<br>18:15-19:15 | TT<br>ET                   | 18:00-19:00<br>19:30-20:30 | TT<br>ET                   | 20:45-21:45                |                     |
|              | Mittwoch   | 11.09.2019     |   | 14:45-15:45          | ET                         | 15:45-17:00<br>17:15-17:45 | ET<br>TT                   |                            | 17:15-18:30<br>18:45-19:30 | ET<br>TT                   |                            |                            | 17:15-18:30                |                     |
|              | Donnerstag | 12.09.2019     | 14:30-15:30   | 14:30-15:30          | ET                         |                            |                            | 15:30-16:30<br>16:45-17:15 | ET<br>TT                   | 16:45-17:45<br>18:00-18:45 | ET<br>TT                   | 18:00-19:15<br>19:30-20:15 | ET<br>TT                   | 19:30-20:45         |
|              | Freitag    | 13.09.2019     |   |                      |                            |                            |                            | 16:30-17:15<br>17:45-18:45 | TT<br>ET                   |                            |                            | 17:30-18:30<br>19:00-20:15 | TT<br>ET                   |                     |
|              | Samstag    | 14.09.2019     | 11:00-12:00   | A 10:00<br>BHV       |                            | 09:30-10:45                | ET                         |                            |                            |                            |                            | A 19:15<br>KÖLN            |                            |                     |
|              | Sonntag    | 15.09.2019     |   |                      |                            |                            |                            |                            |                            |                            |                            | A 12:00<br>KÖLN            |                            |                     |
| <b>KW 38</b> | Montag     | 16.09.2019     | <b>BETRIEBSAUSFLUG EISARENA<br/>DIE HALLE IST GESCHLOSSEN</b> |                      |                            |                            |                            |                            |                            |                            |                            |                            |                            |                     |
|              | Dienstag   | 17.09.2019     |   |                      | 16:00-16:30<br>17:00-18:00 | TT<br>ET                   | 17:00-17:45<br>18:15-19:15 | TT<br>ET                   | 17:00-17:45<br>18:15-19:15 | TT<br>ET                   | 18:00-19:00<br>19:30-20:30 | TT<br>ET                   | 20:45-21:45                |                     |
|              | Mittwoch   | 18.09.2019     |   | 14:45-15:45          | ET                         | 15:45-17:00<br>17:15-17:45 | ET<br>TT                   |                            | 17:15-18:30<br>18:45-19:30 | ET<br>TT                   |                            |                            | 17:15-18:30                |                     |
|              | Donnerstag | 19.09.2019     | 14:30-15:30   | 14:30-15:30          | ET                         |                            |                            | 15:30-16:30<br>16:45-17:15 | ET<br>TT                   | 16:45-17:45<br>18:00-18:45 | ET<br>TT                   | 18:00-19:15<br>19:30-20:15 | ET<br>TT                   | 19:30-20:45         |
|              | Freitag    | 20.09.2019     |   |                      |                            |                            |                            | 16:30-17:15<br>17:45-18:45 | TT<br>ET                   |                            |                            | 17:30-18:30<br>19:00-20:15 | TT<br>ET                   |                     |
|              | Samstag    | 21.09.2019     | 11:00-12:00   |                      |                            | 09:30-10:45                | ET                         |                            |                            |                            |                            | A 16:45<br>KREFELD         | A 13:45<br>KASSEL          |                     |
|              | Sonntag    | 22.09.2019     |   |                      |                            |                            |                            |                            |                            |                            |                            | A 10:30<br>KREFELD         | 11:30<br>KASSEL            |                     |
| <b>KW 39</b> | Montag     | 23.09.2019     | 14:45-15:45<br>16:00-16:30                                    | ET<br>TT             | 16:00-17:00<br>17:15-17:45 | ET<br>TT                   |                            |                            | 17:15-18:30<br>18:45-19:30 | ET<br>TT                   | 17:15-18:15<br>18:45-20:00 | ET<br>TT                   | 20:15-21:15                |                     |
|              | Dienstag   | 24.09.2019     |   |                      | 16:00-16:30<br>17:00-18:00 | TT<br>ET                   | 17:00-17:45<br>18:15-19:15 | TT<br>ET                   | 17:00-17:45<br>18:15-19:15 | TT<br>ET                   | 18:00-19:00<br>19:30-20:30 | TT<br>ET                   | 20:45-21:45                |                     |
|              | Mittwoch   | 25.09.2019     |   | 14:45-15:45          | ET                         | 15:45-17:00<br>17:15-17:45 | ET<br>TT                   |                            | 17:15-18:30<br>18:45-19:30 | ET<br>TT                   |                            |                            | 17:15-18:30                |                     |
|              | Donnerstag | 26.09.2019     | 14:30-15:30   | 14:30-15:30          | ET                         |                            |                            | 15:30-16:30<br>16:45-17:15 | ET<br>TT                   | 16:45-17:45<br>18:00-18:45 | ET<br>TT                   | 18:00-19:15<br>19:30-20:15 | ET<br>TT                   | 19:30-20:45         |
|              | Freitag    | 27.09.2019     |   |                      |                            |                            |                            | 16:30-17:15<br>17:45-18:45 | TT<br>ET                   |                            |                            | 17:30-18:30<br>19:00-20:15 | TT<br>ET                   |                     |
|              | Samstag    | 28.09.2019     | 11:00-12:00   |                      |                            | U10<br>A 10:00 BHV         |                            | 09:30-10:45<br>11:00-11:30 | ET<br>TT                   |                            |                            | 14:30<br>CRIMMITS.         |                            |                     |
|              | Sonntag    | 29.09.2019     |   |                      |                            |                            |                            |                            |                            |                            |                            | 11:30<br>CRIMMITS.         |                            |                     |