

Trainingsplan 2021

| Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | |
|--------|----------------------|---------|----------|--------------------|--------------------|----------|---------|----------------------|------------|--------------------|--------------------|---------|-----------------|--------------------|
| Platz1 | Platz2 | Platz3 | Platz1 | Platz2 | Platz3 | Platz1 | Platz2 | Platz3 | Platz1 | Platz2 | Platz3 | Platz1 | Platz2 | Platz3 |
| 09:00 | | | 09:00 | | | 09:00 | | | 09:00 | | | 09:00 | | |
| 10:00 | | | 10:00 | | | 10:00 | | | 10:00 | | | 10:00 | | |
| 11:00 | | | 11:00 | | | 11:00 | | | 11:00 | | | 11:00 | | |
| 12:00 | | | 12:00 | | | 12:00 | | | 12:00 | | | 12:00 | | |
| 13:00 | | | 13:00 | | | 13:00 | | | 13:00 | | | 13:00 | | |
| 14:00 | | | 14:00 | | | 14:00 | | | 14:00 | | | 14:00 | | |
| 15:00 | | | 15:00 | | | 15:00 | | | 15:00 | | | 15:00 | | |
| 16:00 | | | 16:00 | | | 16:00 | Gruppe1 | | 16:00 | | Gruppe1 | 16:00 | Damen | Gruppe3 |
| 17:00 | | Gruppe1 | 17:00 | Herr40/50 | Herr40/50 | 17:00 | Gruppe2 | | 17:00 | He/50/55 | He/50/55 | 17:00 | freies Training | Gruppe4 |
| 18:00 | Herren freies Tr. | | 18:00 | freies Training | freies Training | 18:00 | Gruppe3 | Herren freies Tr. | 18:00 | freies Training | freies Training | 18:00 | | freies Training |
| 19:00 | Herren freies Tr. | | 19:00 | | | 19:00 | Gruppe4 | Herren freies Tr. | 19:00 | | Training | 19:00 | | |
| 20:00 | | | 20:00 | | | 20:00 | | | 20:00 | | | 20:00 | | |
| 21:00 | | | 21:00 | | | 21:00 | | | 21:00 | | | 21:00 | | |
| 22:00 | | | 22:00 | | | 22:00 | | | 22:00 | | | 22:00 | | |

Evguenia

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| Gruppe1 Damen1 | Gruppe2 Damen2 |
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| Gruppe3 Herren1 | Gruppe4 Herren2 |
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Jürgen

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| Gruppe1 A-Juniorinnen | Gruppe3 Herren |
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| Gruppe2 Mixed | Gruppe4 Herren |
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Thorsten

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| Gruppe1 Damen1 |
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