Trainingsplan EVD-Jungfuechse Februar 2021 Stand : 31.01.21

	Datum		TW	Laufschule On Ice120 min 2 x 75 min	U 7 / U 9 On Ice 180 min 2 x 75 min	U 11 On Ice 180 min 2 x 75 min	U 13 On Ice 4 Std Off Ice 2 Std	U 15 On Ice 4,5 Std Off Ice 2 Std	U 17 On Ice 5 Std Off Ice 2,5 Std	U 20 DNL On Ice 6 Std Off Ice 3 Std
5	Mo	1			Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
	Di	2	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15				Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Mi	3		Zoom Training 17:00 - 18:00			Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Do	4			Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Fr	5							Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Sa	6								
	So	7			Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				
6	Mo	8			Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
	Di	9	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15				Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Mi	10		Zoom Training 17:00 - 18:00			Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Do	11			Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Fr	12							Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Sa	13								
	So	14			Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				
7	Mo	15			Zoom Training 17:00 - 18:00	Zoom Training 17:00 - 18:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
	Di	16	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15				Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
	Mi	17		Zoom Training 17:00 - 18:00			Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
	Do	18								
	Fr	19								
	Sa	20								
	So	21								
8	Mo	22								
	Di	23								
	Mi	24								
	Do	25								
	Fr	26								
	Sa	27								
	So	28								