

Trainingsplan EVD-Jungfuechse September Stand 23.09.21

Datum	TW	Laufschule 2 x 60 min	U 7 / U 9 Landesliga 3 Std	U11 Landesliga 3 Std	U 13 Bezirksliga 4 Std Off Ice 90 min	U 15 Landesligs 4,5 Std Off Ice 120min	U 17 Regionalliga 5 Std Off Ice 150min	U 20 DNL 6 Std Off Ice 180 min	1. Mannschaft Regionalliga	Alte Herren
Mi 22									On Ice 20:45 - 22:00 in Wesel	
Do 23			On Ice 17:00 - 18:00 in Wesel	On Ice 17:00 - 18:00 in Wesel	Stickhandling 17:30 - 18:30 in Duisburg	On Ice 18:15 - 19:30 in Wesel	On Ice 18:15 - 19:30 in Wesel	19:15 - 20:45 in Duisburg	On Ice 21:15 - 22:30 in Wesel	
Fr 24					On Ice 17:45 - 19:00 in Wesel			On Ice 19:15 - 20:45 in Wesel	On Ice 19:30 - 20:45 in Duisburg	
Sa 25			On Ice 11:00 - 12:30 in Duisburg	On Ice 11:00 - 12:30 in Duisburg	Meisterschaft 10:00 Hamm	Meisterschaft 11:15 Herford	On Ice 15:00 - 16:00 in Duisburg	On Ice 13:00 - 14:30 in Duisburg		
So 26						On Ice 12:00 - 13:30 in Duisburg	On Ice 12:00 - 13:30 in Duisburg	On Ice 10:00 - 11:30 in Duisburg	18:00 Salzgitter in Duisburg	
39 Mo 27			17:00 - 18:00	17:00 - 18:00	Ari 16:45 - 17:45 On Ice 18:00 - 19:30	Ari 18:00 - 19:15 On Ice 19:45 - 20:45	Ari 18:00 - 19:15 On Ice 19:45 - 20:45	Off Ice 19:15 - 20:30 On Ice 21:00 - 22:00		
Di 28						17:00 - 18:30	17:00 - 18:30		On Ice 18:30 - 19:45 Off Ice 20:00 - 20:45	
Mi 29			16:00 - 17:00	16:00 - 17:00	17:00 - 18:00 Off Ice 18:30 - 19:30			18:15 - 19:30 Off Ice 19:45 - 20:45	Off Ice 18:30 - 19:15 On Ice 19:45 - 21:00	21:15 - 22:15
Do 30			17:00 - 18:00	17:00 - 18:00		Off Ice 19:30 - 20:45 18:15 - 19:15	Off Ice 19:30 - 20:45 18:15 - 19:15	Off Ice 19:30 - 20:30 21:00 - 22:00	19:30 - 20:45	