

Trainingsplan EVD-Jungfuechse August 21 Stand 15.07.21

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
So 1										
31 Mo 2			On Ice 17:30 - 18:30 in Wesel	On Ice 17:30 - 18:30 in Wesel	Off Ice 18:00 - 19:15 in Duisburg	On Ice 18:45 - 20:15 in Wesel	On Ice 18:45 - 20:15 in Wesel	!!! Saison Besprechung !!! 19:15 Uhr Off Ice 19:45 - 21:15 in Duisburg		
Di 3					On Ice 18:00 - 19:30 in Wesel	Off Ice 18:15 - 19:45 in Duisburg	Off Ice 18:15 - 19:45 in Duisburg	On Ice 19:45 - 21:15 in Wesel		
Mi 4			On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel		On Ice 18:30 - 20:00 in Wesel	On Ice 18:30 - 20:00 in Wesel	Off Ice 19:00 - 19:45 On Ice 20:15 - 21:45 in Wesel		
Do 5			On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel	Off Ice 17:30 - 18:15 On Ice 18:30 - 19:45 in Wesel	Off Ice 18:30 - 19:45 On Ice 20:00 - 21:30 in Wesel	Off Ice 18:30 - 19:45 On Ice 20:00 - 21:30 in Wesel	Off Ice 19:00 - 20:00 in Duisburg		
Fr 6					On Ice 17:45 - 19:00 in Wesel			On Ice 19:15 - 20:45 in Wesel		
Sa 7										
So 8										
32 Mo 9			On Ice 17:30 - 18:30 in Wesel	On Ice 17:30 - 18:30 in Wesel	Off Ice 18:00 - 19:15 in Duisburg	On Ice 18:45 - 20:15 in Wesel	On Ice 18:45 - 20:15 in Wesel	Off Ice 19:30 - 21:00 in Duisburg		
Di 10					On Ice 18:00 - 19:30 in Wesel	Off Ice 18:15 - 19:45 in Duisburg	Off Ice 18:15 - 19:45 in Duisburg	On Ice 19:45 - 21:15 in Wesel		
Mi 11			On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel		On Ice 18:30 - 20:00 in Wesel	On Ice 18:30 - 20:00 in Wesel	Off Ice 18:45 - 19:45 On Ice 20:15 - 21:45 in Wesel		
Do 12			On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel	Off Ice 17:30 - 18:15 On Ice 18:30 - 19:45 in Wesel	Off Ice 18:30 - 19:45 On Ice 20:00 - 21:30 in Wesel	Off Ice 18:30 - 19:45 On Ice 20:00 - 21:30 in Wesel	Off Ice 19:00 - 20:00 in Duisburg		
Fr 13					On Ice 17:45 - 19:00 in Wesel			On Ice 19:15 - 20:45 in Wesel		
Sa 14							13:30 Bad Nauheim in Wesel	17:15 Bad Nauheim in Wesel		
So 15					10:15 Gelsenkirchen in Wesel			15:00 Troisdorf in Wesel		
33 Mo 16			On Ice 17:30 - 18:30 in Wesel	On Ice 17:30 - 18:30 in Wesel	Off Ice 18:00 - 19:15 in Duisburg	On Ice 18:45 - 20:15 in Wesel	On Ice 18:45 - 20:15 in Wesel	Off Ice 19:30 - 21:00 in Duisburg		
Di 17					On Ice 18:00 - 19:30 in Wesel	Off Ice 18:15 - 19:45 in Duisburg	Off Ice 18:15 - 19:45 in Duisburg	On Ice 19:45 - 21:15 in Wesel		
Mi 18			On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel		On Ice 18:30 - 20:00 in Wesel	On Ice 18:30 - 20:00 in Wesel	Off Ice 18:30 - 19:45 On Ice 20:15 - 21:45 in Wesel		
Do 19			On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel	Off Ice 17:30 - 18:15 On Ice 18:30 - 19:45 in Wesel	Off Ice 18:30 - 19:45 On Ice 20:00 - 21:30 in Wesel	Off Ice 18:30 - 19:45 On Ice 20:00 - 21:30 in Wesel	Off Ice 19:00 - 20:00 in Duisburg		
Fr 20					On Ice 17:45 - 19:00 in Wesel			On Ice 19:15 - 20:45 in Wesel		
Sa 21			14:45 Königsborn in Wesel	14:45 Königsborn in Wesel			11:15 Herford in Wesel			
So 22			On Ice 13:00 - 14:00 in Wesel	On Ice 13:00 - 14:00 in Wesel		On Ice 14:15 - 15:30 in Wesel	On Ice 14:15 - 15:30 in Wesel	18:00 Königsborn in Wesel		
34 Mo 23			On Ice 17:30 - 18:30 in Wesel	On Ice 17:30 - 18:30 in Wesel	Ari 17:00 - 18:15 in Duisburg	On Ice 18:45 - 20:15 in Wesel	On Ice 18:45 - 20:15 in Wesel	Ari 18:15 - 19:45 in Duisburg	20:30 - 22:00 in Wesel	
Di 24					On Ice 18:00 - 19:30 in Wesel	Off Ice 18:15 - 19:45 in Duisburg	Off Ice 18:15 - 19:45 in Duisburg	On Ice 19:45 - 21:15 in Wesel		
Mi 25			On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel		On Ice 18:30 - 20:00 in Wesel	On Ice 18:30 - 20:00 in Wesel	Off Ice 18:30 - 19:45 On Ice 20:15 - 21:45 in Wesel		
Do 26			On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel	Off Ice 17:30 - 18:15 On Ice 18:30 - 19:45 in Wesel	Off Ice 18:15 - 19:45 in Duisburg	Off Ice 18:15 - 19:45 in Duisburg	Off Ice 19:00 - 20:00 in Duisburg	20:00 - 21:30 in Wesel	
Fr 27					On Ice 17:45 - 19:00 in Wesel			On Ice 19:15 - 20:45 in Wesel		
Sa 28			10:45 Troisdorf in Wesel	10:45 Troisdorf in Wesel		16:15 Herford in Wesel		18:00 Isarlohn in Wesel	13:15 - 14:45 in Wesel	
So 29					13:15 Königsborn in Wesel			18:00 Isarlohn in Wesel		
35 Mo 30			On Ice 17:15 - 18:15 in Wesel	On Ice 17:15 - 18:15 in Wesel	Ari 17:00 - 18:15 in Duisburg	Ari 18:15 - 19:45 in Duisburg	Ari 18:15 - 19:45 in Duisburg	19:00 - 20:30 in Duisburg		
Di 31					On Ice 17:45 - 18:45 in Wesel	On Ice 19:00 - 20:00 in Wesel	On Ice 19:00 - 20:00 in Wesel	Off Ice 18:30 - 19:45 On Ice 20:15 - 21:45 in Wesel		