



Trainingsplan Mai 2022 Stand : 01.05.2022



Datum	Laufschule 2 x 60 min	U 7 / U 9 Landesliga 3 Std	U11 Landesliga 3 Std	U 13 4 Std Off Ice	U 15 5 Std Off Ice	U 17 6 Std Off Ice	U 20 DNL 7 Std Off Ice
19 Mo 9				Ari 17:00 - 18:15	Ari 18:00 - 19:30	Ari 18:00 - 19:30	19:30 - 21:00
Di 10		ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	ON ICE 18:45 - 20:00 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off ICE 18:15 - 19:45 ON ICE 20:15 - 21:30 in Wesel	ON ICE 20:15 - 21:30 in Wesel
Mi 11	17:30 - 18:30	17:30 - 18:45	17:30 - 18:45	18:00 - 19:30	Stückhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45	19:30 - 21:00
Do 12		17:30 - 18:45	17:30 - 18:45	18:00 - 19:15	18:00 - 19:15	18:15 - 19:45	19:30 - 21:00
Fr 13							19:30 - 21:00
Sa 14							
So 15							
20 Mo 16				Ari 17:00 - 18:15	Ari 18:00 - 19:30	Ari 18:00 - 19:30	19:30 - 21:00
Di 17		ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off ICE 18:15 - 19:45 ON ICE 20:15 - 21:30 in Wesel	ON ICE 20:15 - 21:30 in Wesel
Mi 18	17:30 - 18:30	17:30 - 18:45	17:30 - 18:45	18:00 - 19:30	Stückhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45	19:30 - 21:00
Do 19		ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off ICE 18:15 - 19:45 ON ICE 20:15 - 21:30 in Wesel	ON ICE 20:15 - 21:30 in Wesel
Fr 20					18:00 - 19:15 Stückhandling		19:30 - 21:00
Sa 21							
So 22							
21 Mo 23	17:30 - 18:30	17:30 - 18:45	17:30 - 18:45	Ari 17:00 - 18:15	Ari 18:00 - 19:30	Ari 18:00 - 19:30	19:30 - 21:00
Di 24		ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off ICE 18:15 - 19:45 ON ICE 20:15 - 21:30 in Wesel	ON ICE 20:15 - 21:30 in Wesel
Mi 25	17:30 - 18:30	17:30 - 18:45	17:30 - 18:45	18:00 - 19:30	Stückhandling 17:45 - 18:30 OFF ICE 18:30 - 19:30	18:15 - 19:45	19:30 - 21:00
Do 26				9:30 - 11:00	9:30 - 11:00	18:15 - 19:45	19:30 - 21:00
Fr 27							19:30 - 21:00
Sa 28							
So 29							
22 Mo 30				Ari 17:00 - 18:15	Ari 18:00 - 19:30	Ari 18:00 - 19:30	19:30 - 21:00
Di 31		ON ICE 17:30 - 18:30 in Wesel	ON ICE 17:30 - 18:30 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off Ice 17:45 - 18:30 ON ICE 18:45 - 20:00 in Wesel	Off ICE 18:15 - 19:45 ON ICE 20:15 - 21:30 in Wesel	ON ICE 20:15 - 21:30 in Wesel