

Trainingsplan Mai 2023

Datum		Laufschule On Ice 1 x 60 min	U 7 / U 9 Off Ice 2 x 75 min	U 11 On Ice 2 x 75 min	U 13 Off Ice 4 Std	U 15 Off Ice 5 Std	U 17 Off Ice 6 Std	U 20 DNL Off Ice 7 Std
20	Mo 15		18:00 - 19:15 On Ice in Wesel	18:00 - 19:15 On Ice in Wesel	Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
	Di 16	17:00 - 18:00	17:00 - 18:15	17:00 - 18:15	18:00 - 19:15 On Ice in Wesel	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel
	Mi 17				18:00 - 19:30	18:00 - 19:30 Christian Krause	18:15 - 19:45	19:30 - 21:00
	Do 18		17:00 - 18:15	17:00 - 18:15	10:30 - 12:00	10:30 - 12:00 Christian Krause	18:30 - 20:00	10:30 - 12:00
	Fr 19							19:15 - 20:15
	Sa 20							
21	So 21							
	Mo 22		18:00 - 19:15 On Ice in Wesel	18:00 - 19:15 On Ice in Wesel	Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
	Di 23	17:00 - 18:00	17:00 - 18:15	17:00 - 18:15	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel
	Mi 24		18:00 - 19:15 On Ice in Wesel	18:00 - 19:15 On Ice in Wesel	18:00 - 19:30	18:00 - 19:30 Neukirchen Vluyn Himmelstreppe	18:15 - 19:45	19:30 - 21:00
	Do 25		17:00 - 18:15	17:00 - 18:15	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	Off Ice 17:00 - 17:45 18:00 - 19:15 On Ice in Wesel	19:30 - 20:45 On Ice in Wesel	Off Ice 17:45 - 19:15 19:30 - 20:45 On Ice in Wesel
	Fr 26					18:00 - 19:30	19:30 - 21:00	19:15 - 20:15
22	Sa 27							
	So 28							
	Mo 29				Ari 17:00 - 18:15	Ari 18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
	Di 30	17:00 - 18:00	17:00 - 18:15	17:00 - 18:15	18:00 - 19:30	18:15 - 19:45	18:15 - 19:45	19:30 - 21:00
	Mi 31		18:00 - 19:15 on Ice in Wesel	18:00 - 19:15 on Ice in Wesel	18:00 - 19:30	18:00 - 19:30 Neukirchen Vluyn Himmelstreppe	18:15 - 19:45	19:30 - 21:00