



Trainingsplan Sommer Saison 2023/24

Gültig ab: 11.03.2024

Version: 2

| Mannschaft | Trainer | Jahrgang | Montag | Platz | Kabine | Dienstag | Platz | Kabine | Mittwoch | Platz | Kabine | Donnerstag | Platz | Kabine | Freitag | Platz | Kabine |
|---------------|---------------|----------|---------------|-------|--------|---------------|-------|--------|---------------|-------|--------|---------------|-------|--------|---------------|-------|--------|
| 1. Senioren | | | | | | 19:30 - 21:00 | KR1 | 1 | 19:30 - 21:00 | KR1 | 1 | | | | 19:30 - 21:00 | KR1 | 1 |
| 2. Senioren | | | 19:30 - 21:00 | KR1 | 2 | | | | 19:30 - 21:00 | KR2 | 2 | | | | 19:30 - 21:00 | KR2 | 2 |
| Alte Herren | | | | | | | | | | | | | | | | | |
| 1. Damen | | | | | | 19:30 - 21:00 | KR2 | 7+8 | | | | | | | 18:00 - 19:30 | KR2 | 7+8 |
| A1 | Billys | | 18:30 - 20:00 | KR2 | 5 | | | | | | | 19:30 - 21:00 | KR2 | 2 | 18:30 - 20:00 | P4/1 | 5 |
| A2 | Harald | | | | | 18:00 - 19:30 | KR2 | 3+4 | | | | 18:30 - 20:00 | P4/2 | 7+8 | | | |
| B1 | Daniel | 2008 | 18:30 - 20:00 | P4/2 | | | | | | | | 19:00 - 20:30 | KR1 | | 18:00 - 19:30 | KR1 | 3+4 |
| C1 | Nicolas | 2009 | 18:30 - 20:00 | P4/1 | 3+4 | | | | 18:30 - 20:00 | P4/2 | 3+4 | 17:30 - 19:00 | KR1 | 3+4 | | | |
| C2 | Lazo | 2010 | 18:00 - 19:30 | KR1 | 7+8 | | | | 18:00 - 19:30 | KR1 | 7+8 | | | | 16:00 - 18:00 | KR1 | 5 |
| C3 | Akin | 2009/10 | | | | 18:30 - 20:00 | P4/2 | | | | | 18:30 - 20:00 | P4/1 | | | | |
| D1 | Jens | 2011 | 17:00 - 18:30 | KR2 | | 17:00 - 18:30 | P4/2 | | | | | 17:30 - 19:30 | KR2 | | | | |
| D2 | Heinz | 2012 | 17:00 - 18:30 | P4/1 | | | | | 16:30 - 18:00 | KR1 | | | | | 17:00 - 18:30 | P4/1 | |
| D3 | Rolf | 2011 | | | | 18:00 - 19:30 | KR1 | 5+6 | | | | 17:30 - 19:00 | P4/2 | 5+6 | | | |
| D4 | Rambo | 2011/12 | 17:00 - 18:30 | P4/2 | | | | | | | | 17:00 - 18:30 | P4/1 | | | | |
| D5 | Benny | 2012 | 17:00 - 18:30 | P3 | | | | | 17:30 - 19:00 | P3 | | | | | | | |
| D6/Mädchen | Jenna | | | | | 18:00 - 19:30 | P3 | | | | | 18:00 - 19:30 | P2/1 | | | | |
| E1/E2 | Irek/Dirk | 2013 | | | | | | | 17:00 - 19:00 | KR2 | 5 | | | | 17:00 - 19:00 | P3 | 3 |
| E3/E4 | Pascal/Oliver | 2014 | | | | | | | 17:00 - 18:30 | KR2 | | | | | 17:00 - 19:00 | P4/2 | |
| F1/F2 | Chris | 2015 | 16:30 - 18:00 | KR1 | | | | | | | | 16:30 - 18:00 | KR1 | | | | |
| F3 | Janina/Andre | 2016 | | | | 17:00 - 18:30 | P2/1 | | | | | 17:00 - 18:30 | P3 | | | | |
| G1/G2 | Rene/Deniz | 2017 | 17:30 - 19:00 | P2/2 | | | | | 17:30 - 19:00 | P4/1 | | | | | | | |
| G3/G4 | Kevin/Alex | 2018/19 | | | | 16:30 - 18:00 | KR1 | | | | | 16:30 - 18:00 | P2/2 | | | | |
| TW-Training | Dominik | | | | | 17:45 - 19:00 | P5 | | 16:45 - 19:00 | P5 | | | | | | | |
| TW-Training | Wim | | | | | | | | 16:00 - 19:00 | P5 | | | | | | | |
| TW-Training | Ricarda | | | | | | | | | | | | | | | | |
| Tech-Training | Fußballschule | | | | | | | | | | | 15:30 - 18:30 | KR2 | | 16:00 - 18:00 | KR2 | |

