

Trainingsplan EVD-Jungfuechse November 2020

Stand : 02.11.20

Datum	TW	Laufschule On Ice 120 min 2 x 75 min	U 7 / U 9 On Ice 180 min 2 x 75 min	U 11 On Ice 180 min 2 x 75 min	U 13 On Ice 4 Std Off Ice 2 Std	U 15 On Ice 4,5 Std Off Ice 2 Std	U 17 On Ice 5 Std Off Ice 2,5 Std	U 20 DNL On Ice 6 Std Off Ice 3 Std
So 1			Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				
41 Mo 2			Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
Di 3	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15				Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
Mi 4					Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
Do 5			Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
Fr 6							Home Trainingsplan 75 min	Home Trainingsplan 75 min
Sa 7							Wochenendaufgabe	Wochenendaufgabe
So 8			Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				
42 Mo 9			Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
Di 10	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15				Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
Mi 11					Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
Do 12			Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
Fr 13							Home Trainingsplan 75 min	Home Trainingsplan 75 min
Sa 14								
So 15			Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				
43 Mo 16			Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
Di 17	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15				Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
Mi 18					Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
Do 19			Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
Fr 20							Home Trainingsplan 75 min	Home Trainingsplan 75 min
Sa 21							Wochenendaufgabe	Wochenendaufgabe
So 22			Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				
44 Mo 23			Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15
Di 24	Zoom TW Training Gruppe U9 - U11 17:00 - 18:00 Gruppe U13 - U15 18:10 - 19:10 Gruppe U17 - U20 19:15 - 20:15				Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Home Trainingsplan 75 min
Mi 25					Zoom Training 18:15 - 19:30	Zoom Training 18:15 - 19:30	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
Do 26			Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Home Trainingsplan 75 min	Home Trainingsplan 75 min	Zoom Training 19:30 - 21:00	Zoom Training 19:30 - 21:00
Fr 27							Home Trainingsplan 75 min	Home Trainingsplan 75 min
Sa 28							Wochenendaufgabe	Wochenendaufgabe
So 29			Trainings Wochenaufgabe 60 min	Trainings Wochenaufgabe 60 min				
Mo 30			Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Zoom Training Gruppe 1 17:00 - 18:00 Gruppe 2 18:00 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 17:45 - 19:00	Ari Zoom Training 20:00 - 21:15	Ari Zoom Training 20:00 - 21:15