

# SC Riessersee e.V.

Trainingsplan für die Saison 2020/2021

MW= Mittenwald

TH = Turnhalle



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>Laufschule</b>	15:40 - 16:40 OEZ 16:50-17:20 TH					09:10-10:10 OEZ	
<b>U7</b>	15:40 - 16:40 OEZ 16:50-17:45 TH		14:20-15:20 OEZ		14:00-15:00 OEZ		
<b>U9</b>	14:40-15:40 OEZ		14:20- 15:20 OEZ 15:30- 16:00 TH		14:00-15:00 OEZ 15:15-15:50 TH		
<b>U11</b>	15:50-16:20 TH 16:50-18:00 OEZ	17:00-18:00 U11 II in MW	14:30-15:10 TH 15:30-16:30 U11 I	17:00-18:00 U11 II in MW	16:20-17:20 OEZ		
<b>U13</b>		14:00-15:00 U13 I 15:15-15:55 TH 17:40-19:00 U13 II in MW		14:40-15:10 TH 15:40-17:10 U13 I 17:40-19:00 U13 II in MW	14:40-14:40 TH 15:10-16:10 OEZ	08:10-09:10 OEZ	
<b>U15</b>		15:20-15:50 TH 16:20-17:50 OEZ	15:20-16:00 TH 16:30-17:30 OEZ	19:15-20:40 in MW			09:00-10:00 OEZ
<b>U17</b>	18:10- 19:40 OEZ	18:00-19:10 OEZ	18:50-19:50 OEZ	18:40-19:50 OEZ			
<b>U20</b>		18:00-18:45 Athletik 19:20-20:50 OEZ	16:30-17:15 Athl. 17:40-18:40 OEZ	16:15-17:00 Athl. 17:20-18:30 OEZ	16:15-17:00 Athl. 17:30-18:20 OEZ		
<b>TW u. Technik Training</b>		15:10-16:10 TW1/TK 18:00-19:10 TW 2				09:10-10:10 TK	