# SC Riessersee e.V.

Trainingsplan für 22.03-29.03

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag | |
|---|---|---|---|---|---|---|---|---|
| **Laufschule** | | | | | | | | |
| **U7** | 17:10-18:20 | | 14:15-15:45 | 17:10-18:10 | | 10:40-11:50 | | 4 Hr 50 min |
| **U9** | 17:10-18:20 | | 14:15-15:45 | 17:10-18:10 | | 10:40-11:50 | | 4 Hr 50 min |
| **U11** | | 17:10-18:20 | 17:10-18:20 | 18:10-19:30 | | 09:20-10:30 | | 4 Hr 50 min |
| **U13/U15 BEV** | 13:15-14:30 | | | | | | | 1 h 15 Min |
| **U13/U15** | | 18:20-19:30 | 18:20-19:30 | 14:15-15:45 | | 12:00-13:10 | | 5 Hr 0 min |
| **U17** | 18:20-19:30 | 19:30-20:40 | | 19:30-20:40 | | 13:20-14:30 | | 4 Hr 40 min |
| **U20** | 19:30-20:40 | | 19:30-20:40 | | | 14:40-15:50 | | 3 Hr. 30 min |
| **TW u. Technik Training** | | | | | | | | |