

Wintertrainingsplan Oktober (nach Herbstferien) bis April (nach Osterferien) Stand Oktober 2024

| Montag | | | | | | Dienstag | | | | | | Mittwoch | | | | | |
|-------------|-------|-------|--------|-----------------------|-------------|-------------|--------|-------|-------|--------------|---------|-------------|-------------|-------|-------|----|----|
| | | | | 3 fach Halle | | | | | | 3 fach Halle | | | | | | | |
| KS1/1 | KS1/2 | KS2/1 | KS 2/2 | Halle 1 | Halle 2 | KS1/1 | KS 1/2 | KS2/1 | KS2/2 | Halle 2 | Halle 3 | KS1/1 | KS1/2 | KS2/1 | KS2/2 | | |
| 15:30-16:00 | | | | | | 15:30-16:00 | | | | | | 15:30-16:00 | | | | | |
| 16:00-16:30 | | | | Leichtathletik Jugend | | 16:00-16:30 | | | | | | 16:00-16:30 | | | | | |
| 16:30-17:00 | | | | | | 16:30-17:00 | | | | | | 16:30-17:00 | | | | | |
| 17:00-17:30 | | | | | | 17:00-17:30 | | | | F1 | G1 | F2 | 17:00-17:30 | | | | |
| 17:30-18:00 | D1/2 | E1 | D3 | | | 17:30-18:00 | | | | | | | 17:30-18:00 | | E1 | E2 | D3 |
| 18:00-18:30 | | | | | | 18:00-18:30 | B1 | C1/2 | | | | | 18:00-18:30 | D1/2 | | | |
| 18:30-19:00 | | | | | | 18:30-19:00 | | | | | | | 18:30-19:00 | | | | |
| 19:00-19:30 | | | | | 19:00-19:30 | | | | | | | 19:00-19:30 | | | | | |
| 19:30-20:00 | | | | | 19:30-20:00 | 1. Herren | | | | | | 19:30-20:00 | | | | | |
| 20:00-20:30 | FSV | | | | | 20:00-20:30 | | | | | | 20:00-20:30 | B1 | | B2 | | |
| 20:30-21:00 | | | | | 20:30-21:00 | | | | | | | 20:30-21:00 | | | | | |
| 21:00-21:30 | | | | | 21:00-21:30 | | | | | | | 21:00-21:30 | | | | | |
| 21:30-22:00 | | | | | 21:30-22:00 | | | | | | | 21:30-22:00 | | | | | |

Bei guter Bespielbarkeit nutzen die Junioren E1, E2 und F1 den Rasenplatz! (Freigabe durch Platzwart!)

| Donnerstag | | | | | | Freitag | | | | | |
|-------------|-----------|-------|-------|--------------|---------|-------------|--------------|-------|-------|--------------|---------|
| | | | | 3 fach Halle | | | | | | 3 fach Halle | |
| KS1/1 | KS1/2 | KS2/1 | KS2/2 | Halle 1 | Halle 2 | KS1/1 | KS 1/2 | KS2/1 | KS2/2 | Halle 1 | Halle 2 |
| 15:30-16:00 | | | | | | 15:30-16:00 | | | | | |
| 16:00-16:30 | | | | | | 16:00-16:30 | | | | | |
| 16:30-17:00 | | | | | | 16:30-17:00 | | | | | |
| 17:00-17:30 | | | | | | 17:00-17:30 | | | | | |
| 17:30-18:00 | | | | F1 | F2 | G1 | 17:30-18:00 | | | | |
| 18:00-18:30 | C1/2 | | | | | 18:00-18:30 | D1/2 Technik | E2 | | | |
| 18:30-19:00 | | | | | | 18:30-19:00 | | | | B1 | |
| 19:00-19:30 | | | | | | 19:00-19:30 | | | | | |
| 19:30-20:00 | 1. Herren | AH | | | | 19:30-20:00 | 1. Herren | | | | |
| 20:00-20:30 | | | | | | 20:00-20:30 | | | | | |
| 20:30-21:00 | | | | | | 20:30-21:00 | | | | | |
| 21:00-21:30 | | | | | | 21:00-21:30 | | | | | |
| 21:30-22:00 | | | | | | 21:30-22:00 | | | | | |

