## Trainingsplan Intensivwoche

| Zeit | Montag, 18.10.2021 | | | | Dienstag, 19.10.2021 | | | | Mittwoch, 20.10.2021 | | | | Donnerstag, 21.10.2021 | | | | Freitag, 22.10.2021 | | | | Zeit |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | U9 | U11 | U13 | U15 | U9 | U11 | U13 | U15 | U9 | U11 | U13 | U15 | U9 | U11 | U13 | U15 | U9 | U11 | U13 | U15 | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | 13:00 |
| 13:15 | | | | | | | | | | | | | | | | | | | | | 13:15 |
| 13:30 | 13.30-14.30 Eistraining | | | | 13.30-14.30 Eistraining und Eiskustlauftraineri | | | Tennis | 13.30-15.30 Eistraining Game | | | | 13.30-14.30 Eistraining und Eiskustlauftraineri | | Tennis | | 13.30-14.30 Eistraining | | | | 13:30 |
| 13:45 | | | | | | | | | | | | | | | | | | | | | 13:45 |
| 14:00 | | | Warm-up | | | | Warm-up | | | | 14.00-15.30 Turnhalle Spiele | | | | | Warm-up | | | Warm-up | | 14:00 |
| 14:15 | | | | | | | | | | | | | | | | | | | | | 14:15 |
| 14:30 | | | | | | | | | | | | | | | | | | | | | 14:30 |
| 14:45 | | | 14.45-16.00 Eistraining | | | Tennis | 14.45-16.00 Eistraining und Eislauf-Trainerin | | | | | | Tennis | | 14.45-16.00 Eistraining und Eislauf-Trainerin | | | | | 14.45-16.00 Eistraining | | 14:45 |
| 15:00 | Polisportiv | | | | Turn-Halle | | | | | | | | | Turn-Halle | | | Polisportiv | | | | 15:00 |
| 15:15 | | | | | | | | | | | | | | | | | | | | | 15:15 |
| 15:30 | | | | | | | | | | | | | | | | | | | | | 15:30 |
| 15:45 | | | | | | | | | Zvieri | | | | | | | | | | | | 15:45 |
| 16:00 | Zvieri | | | | Zvieri | | | | 16.00-17.00 Turnhalle Spiele | | Zvieri | | Zvieri | | | | Zvieri | | | | 16:00 |
| 16:15 | | | Polisportiv | | | | Polisportiv | | | | 16.15-18.15 Eistraining Game | | | | Polisportiv | | | | Polisportiv | | 16:15 |
| 16:30 | | | | | | | | | | | | | | | | | | | | | 16:30 |
| 16:45 | U9 Mental Training | U11 Eis | | | U9 Eis | U11 Techn. | | | | | | | U9 Techn. | U11 Eis | | | U9 Eis | U11 Mental Training | | | 16:45 |
| 17:00 | | | | | | | | | | | | | | | | | | | | | 17:00 |
| 17:15 | | | Zvieri | | | | Zvieri | | | | | | | | Zvieri | | | | Zvieri | | 17:15 |
| 17:30 | | | | | | | | | | | | | | | | | | | | | 17:30 |
| 17:45 | | | | | | | | | | | | | | | | | | | | | 17:45 |
| 18:00 | | | | | | | | | | | | | | | | | | | | | 18:00 |
| 18:15 | | | U13 Techn. | U15 Eis | | | U13 Eis | U15 Mental Training | | | | | | | U13 Mental Training | U15 Eis | | | U13 Eis | U15 Techn. | 18:15 |
| 18:30 | | | | | | | | | | | | | | | | | | | | | 18:30 |
| 18:45 | | | | | | | | | | | | | | | | | | | | | 18:45 |
| 19:00 | | | | | | | | | | | | | | | | | | | | | 19:00 |
| 19:15 | | | | | | | | | | | | | | | | | | | | | 19:15 |
| 19:30 | 19.30 - 20.30 | | | | 19.30 - 21.00 | | | | 19.30 - 21.00 | | | | 19.30 - 20.30 | | | | 19.30 - 20.30 | | | | 19:30 |
| 19:45 | | | | | | | | | | | | | | | | | | | | | 19:45 |
| 20:00 | 1. Liga | | | | U17 / U20 | | | | 1. Liga | | | | U17 | | | | 1. Liga | | | | 20:00 |
| 20:15 | | | | | | | | | | | | | | | | | | | | | 20:15 |
| 20:30 | | | | | | | | | | | | | | | | | | | | | 20:30 |
| 20:45 | 20.40 - 21.40 | | | | | | | | | | | | | | | | 20.40 - 21.40 | | | | 20:45 |
| 21:00 | | | | | | | | | | | | | | | | | | | | | 21:00 |
| 21:15 | U20 | | | | | | | | | | | | | | | | U17 / U20 | | | | 21:15 |
| 21:30 | | | | | | | | | | | | | | | | | | | | | 21:30 |
| 21:45 | | | | | | | | | | | | | | | | | | | | | 21:45 |
| 22:00 | | | | | | | | | | | | | | | | | | | | | 22:00 |