



Rahmentrainingsplan REV Bremerhaven



Eistraining					Trockentraining/Theorie		
Tag	Uhrzeit	Mannschaft	Kabine	Trainer	Uhrzeit	Mannschaft	Trainer
Montag							
09.09.2019	15.30 - 16.45	SCB	1				
	17.00 - 18.15	REV Kunstlauf	2				
	18.30 - 19.30	U15	3	HN-SL-BM	17:15- 18:15	U15 - Trockentraining	HN-SL-BM
	19.45 - 20.45	U17	1	HN-T	19.40 - 19.55	U15 - Cool down	BM-SL
	21.00 - 22.00	REV VL	VL		18.45 - 19.30	U17 - Trockentraining	T
	22.15 - 23.15	Oldies	1		21.00 - 21.15	U17 - Cool down	HN
Dienstag							
10.09.2019	16.15 - 17.15	U11	1	JO-AP			
	16.15 - 17.15	U9	2	SW-P2			
	17.30 - 18.30	U13	3	JO-HN			
	18.45 - 19.45	U15	1	HN-BM-T-P2	17.45 - 18.30	U17 - Trockentraining	HN
	18.45 - 19.45	U17	2	HN-BM-T	20.00 - 20.15	U15 - Cool down	HN
	20.00 - 21.00	U20	3	OK-CC	19:00 - 19.45	U20 - Trockentraining	OK
	21.15 - 22.15	LL/U20			21.10 - 21.35	U20 - Cool down	OK
Mittwoch							
11.09.2019	14.45 - 15.45	U9	3	SW-P1			
	14.45 - 15.45	U11	1	JO-AP			
	16.00 - 17.15	REV Kunstlauf	2				
	16.00 - 16.30	Elterngespräch	U9-U13	JO	16.30 - 17.15	U13 - Trockentraining	JO
	17:30- 18:30	U13	3	JO-T			
	17.30 - 18.30	TW Training	2	HN-SL			
	18.45 - 20.15	U15	1	HN-SL-BM	20.25 - 20.55	U15 - Cool down	HN
	18.45 - 20.15	U17	3	HN-SL-BM	17.45 - 18.15	U17 - Trockentraining	T
	20.30 - 21.30	REV Damen	2		20.25 - 20.40	U17 - Cool down	HN
	21.45 - 22.45	VL/U20	VL/1	OK-CC			
Donnerstag							
12.09.2019	15.00 - 16.00	U11	1	JO-AP			
	15.00 - 16.00	U9	3	SW-P1	16.15 - 16.45	U11 - Trockentraining	JO
	16.15 - 17.45	SCB	2		16.15 - 16.45	U9 - Trockentraining	SW
	17.15 - 18.45	Elterngespräch	U15-U17	HN			
	18.00 - 18.45	U13	3	JO-HN-MJ	16:45-17:45	U13 Trockentraining	JO
	18.45 - 19.45	U15	1	HN-BM-MJ			
	20.00 - 21.00	U20	2	OK-CC	20.00 - 20.15	U15 - Cool down	HN
	21.15 - 22.15	LL	1		18.30 - 19.30	U20 - Trockentraining	OK
Freitag							
13.09.2019	14.00 - 15.30	U13	3	JO-AP	15:45-16:00	U13 Cool Down	JO
Samstag							
14.09.2019							
Sonntag							
15.09.2019							

