




Vorbereitungsplan Rückrunde Saison 2017/18

Trainingsort: Strohn Trainingszeit: 19.00Uhr-20.30Uhr/Wochenende nach Absprache Immer Laufschuhe zusätzlich

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
				12.1.18 Start Vorbereitung	13.1.18 Training 10.00Uhr	14.1.18 Training 10.00Uhr
	16.1.18 Training	17.1.18 Training		19.1.18 Training	20.1.18 Training 10.00Uhr	21.1.18 Training 10.00Uhr
	23.1.18 Training	24.1.18 Training		26.1.18 Training	27.1.18 Test in Strohn 15.00Uhr 	28.1.18 Training 10.00Uhr
	30.1.18 Training	31.1.18 Training		2.2.18 Training	3.2.18 Test in Salmrohr 15.00Uhr 	4.2.18 Training 10.00Uhr
	6.2.18 Training	7.2.18 Test in Trier 19.45Uhr 		9.2.17 Training	10.2.17 Test in Strohn 14.00Uhr 	11.2 Training 10.00Uhr
	13.2.18 Training	14.2.18 Training		16.2.18 Training	17.2.18 Training	18.2.18 Test in Schweich 14.30 
	20.2.18 Training	21.2.18 Training		23.2.18 Training	24.2.18	25.2.18 21. Spieltag Rheinlandliga

