

Timetable

Trainingsplan April - November 2019

| Zeit | Montag | | Dienstag | | Mittwoch | | | Donnerstag | | | Freitag | | Samstag | | Sonntag | |
|-------|--------|----------|----------|----------|----------|------|------|------------|------|------|---------|----------|---------|----------|---------|----------|
| Coach | Han | WeijLehn | Han | WeijLehn | Han | Weij | Lehn | Han | Weij | Lehn | Han | WeijLehn | Han | WeijLehn | Han | WeijLehn |
| 10:00 | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | | | |

