



Stand: 10.08.2015

Trainingsplan - Saison 2015 / 2016

| | Hauptfeld | | Kleines Feld | |
|---------------|-----------|--------------|-----------------------|-----------|
| | Nord | Süd | Ost | West |
| Montag | | | | |
| 16:00h | | | | |
| 16:30h | | | | |
| 17:00h | | | | |
| 17:30h | Eb | Fa/Fb | | |
| 18:00h | Eb | Fa/Fb | Da (ab 18:15) | Db |
| 18:30h | Eb | Fa/Fb | Da | Db |
| 19:00h | | B | Da | Db |
| 19:30h | A | B | Da (bis 19:45) | 4. Liga |
| 20:00h | A | B | | 4. Liga |
| 20:30h | A | Senioren | | 4. Liga |
| 21:00h | | Senioren | | |
| 21:30h | | Senioren | | |
| 22:00h | | | | |

Vorbereitung

| | Hauptfeld | | Kleines Feld | |
|-----------------|-----------|-----------------------|--------------|-----------------|
| | Nord | Süd | Ost | West |
| Dienstag | | | | |
| 16:00h | | | | |
| 16:30h | | | | |
| 17:00h | | | | |
| 17:30h | | Ea (ab 17:45) | | |
| 18:00h | C | Ea | | |
| 18:30h | C | Ea | | |
| 19:00h | C | Ea (bis 19:15) | | |
| 19:30h | 4. Liga | 5. Liga | | |
| 20:00h | 4. Liga | 5. Liga | 1/4 STV Jugi | Männerriege STV |
| 20:30h | 4. Liga | 5. Liga | | |
| 21:00h | 4. Liga | 5. Liga | | |
| 21:30h | | | | |
| 22:00h | | | | |

| Mittwoch | | | | |
|-----------------|-----------|---------|----------|-----------|
| 16:00h | | | | |
| 16:30h | | | | |
| 17:00h | | | | |
| 17:30h | Eb | | | Db |
| 18:00h | Eb | | | Db |
| 18:30h | Eb | | | Db |
| 19:00h | | | B | Db |
| 19:30h | Sen 40+ | Sen 30+ | B | Sen. 50+ |
| 20:00h | Sen 40+ | Sen 30+ | B | Sen. 50+ |
| 20:30h | Sen 40+ | Sen 30+ | | Sen. 50+ |
| 21:00h | Sen 40+ | Sen 30+ | | Sen. 50+ |
| 21:30h | | | | |
| 22:00h | | | | |

| Donnerstag | | | | |
|-------------------|----------|----------|--------------------|-----------------------|
| 16:00h | | | | |
| 16:30h | | | | |
| 17:00h | | | | |
| 17:30h | | | | |
| 18:00h | C | | | Da (ab 18:15) |
| 18:30h | C | | | Da |
| 19:00h | C | | | Da |
| 19:30h | 4. Liga | A | | Da (bis 19:45) |
| 20:00h | 4. Liga | A | Frauenriege STV | 5. Liga (ab 19:45) |
| 20:30h | 4. Liga | A | | 5. Liga |
| 21:00h | 4. Liga | A | | 5. Liga |
| 21:30h | | | | 5. Liga |
| 22:00h | | | | |



| Trainingsplan - Saison 2015 / 2016 | | | | |
|---|-----------|-------|--------------|------|
| Trainingsplan | Hauptfeld | | Kleines Feld | |
| | Nord | Süd | Ost | West |
| Freitag | | | | |
| 16:00h | | | | |
| 16:30h | | | | |
| 17:00h | | | Ea | |
| 17:30h | G | Fa/Fb | Ea | |
| 18:00h | G | Fa/Fb | Ea | |
| 18:30h | G | Fa/Fb | STV Jugi | |
| 19:00h | | | | |
| 19:30h | | | | |
| 20:00h | | | | |
| 20:30h | | | | |
| 21:00h | | | | |
| 21:30h | | | | |
| 22:00h | | | | |

Samstag

Nord Hauptfeld Ost Kleines Feld
Süd West