

Trainingsplan Leichtathletik

	Montag			Dienstag		Mittwoch	Donnerstag				Freitag	
15:30											u8	
15:45											u8	
16:00											u8	
16:15											u8	
16:30											u8	
16:45											u8	
17:00	u12			u10			u10	u12	u14			
17:15	u12	u14		u10		u14	u10	u12	u14			
17:30	u12	u14		u10		u14	u10	u12	u14			u16
17:45	u12	u14		u10		u14	u10	u12	u14			u16
18:00	u12	u14		u10		u14	u10	u12	u14			u16
18:15	u12	u14		u10		u14	u10	u12	u14			u16
18:30		u14	u16		u16	u14			u14	u16		u16
18:45		u14	u16		u16	u14				u16		u16
19:00			u16		u16					u16		u16
19:15			u16		u16					u16		u16
19:30			u16		u16					u16		
19:45			u16		u16					u16		
20:00			u16		u16					u16		
20:15			u16		u16					u16		
20:30												