

STV Triengen

Trainingsplan 2024

1. Quartal

| Januar | | | Trainingsbeginn | | Februar | | | Trainingsbeginn | | März | | | Trainingsbeginn | |
|--------|----|------------------------|-------------------------|----------------|---------|----|------------------------|-------------------------|------------|------|----|----------------------------|-----------------|------------|
| 1 | Mo | Neujahr | | | 1 | Do | | | | 1 | Fr | Training | 20.2 | Training 2 |
| 2 | Di | Berchtoldstag | | | 2 | Fr | Training | 20.15 | Training 2 | 2 | Sa | | | |
| 3 | Mi | | | | 3 | Sa | | | | 3 | So | | | |
| 4 | Do | | | | 4 | So | | | | 4 | Mo | | | |
| 5 | Fr | kein Training | | | 5 | Mo | | | | 5 | Di | Training | 20.2 | Training 1 |
| 6 | Sa | | | | 6 | Di | Training | 20.15 | Training 1 | 6 | Mi | | | |
| 7 | So | | | | 7 | Mi | | | | 7 | Do | | | |
| 8 | Mo | | | | 8 | Do | Schmutziger Donnerstag | | | 8 | Fr | Training | 20.2 | Training 2 |
| 9 | Di | 1. Quartalsversammlung | 20.15 | | 9 | Fr | kein Training | | | 9 | Sa | | | |
| 10 | Mi | | | | 10 | Sa | | | | 10 | So | Osterhasencup Getu | | Büron |
| 11 | Do | | | | 11 | So | | | | 11 | Mo | | | |
| 12 | Fr | Training polysportiv | 20.15 | Leitung Celine | 12 | Mo | | | | 12 | Di | Training | 20.2 | Training 1 |
| 13 | Sa | | | | 13 | Di | kein Training | | | 13 | Mi | | | |
| 14 | So | | | | 14 | Mi | Aschermittwoch | | | 14 | Do | | | |
| 15 | Mo | | | | 15 | Do | | | | 15 | Fr | Training | 20.2 | Training 2 |
| 16 | Di | Training Getu | 20.15 | Training | 16 | Fr | Training | 20.15 | Training 2 | 16 | Sa | Spieltturnier Jugi | | Zell |
| 17 | Mi | | | | 17 | Sa | Skiweekend | gem. separatem Programm | | 17 | So | | | |
| 18 | Do | | | | 18 | So | Skiweekend | gem. separatem Programm | | 18 | Mo | | | |
| 19 | Fr | Jassmeisterschaft | gem. separatem Programm | | 19 | Mo | | | | 19 | Di | Training | 20.2 | Training 1 |
| 20 | Sa | | | | 20 | Di | Training | 20.15 | Training 1 | 20 | Mi | | | |
| 21 | So | | | | 21 | Mi | | | | 21 | Do | | | |
| 22 | Mo | | | | 22 | Do | | | | 22 | Fr | Training | 20.2 | Training 2 |
| 23 | Di | Training polysportiv | 20.15 | Leitung Döme | 23 | Fr | Training | 20.15 | Training 2 | 23 | Sa | | | |
| 24 | Mi | | | | 24 | Sa | | | | 24 | So | | | |
| 25 | Do | | | | 25 | So | | | | 25 | Mo | | | |
| 26 | Fr | Training Getu | 20.15 | Training | 26 | Mo | | | | 26 | Di | Training | 20.2 | Training 1 |
| 27 | Sa | | | | 27 | Di | Training | 20.15 | Training 1 | 27 | Mi | | | |
| 28 | So | | | | 28 | Mi | | | | 28 | Do | | | |
| 29 | Mo | | | | 29 | Do | | | | 29 | Fr | Karfreitag - kein Training | | |
| 30 | Di | Start Wettkampfphase | 20.15 | Training 1 | | | | | | 30 | Sa | | | |
| 31 | Mi | | | | | | | | | 31 | So | | | |

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|-----------------------|-----------|-----------------------|
| Training 1 (Dienstag) | 20.00 Uhr | selbständig einlaufen |
| | 20.15 Uhr | SR, SSB, STH |
| | 20.50 Uhr | BA, TEA |
| | 21.25 Uhr | GYG, FTA |

| | | |
|----------------------|-----------|-----------------------|
| Training 2 (Freitag) | 20.00 Uhr | selbständig einlaufen |
| | 20.15 Uhr | SR, SSB, STH |
| | 20.50 Uhr | GYG, FTA |
| | 21.25 Uhr | BA, TEA |

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