

# Trainingsplan Wellenkiller 2011

|          | Wochentag | Uhrzeit | Fleischmann-Schule                                     | Renkhoff-Halle   | Lohr |  |
|----------|-----------|---------|--|--|------|--|
| Montag   |           | 15:45   |  |  |      |  |
|          |           | 16:00   | 16:00 - 17:30<br>Schwimmen<br>2. Mannschaft<br>Fred    | 16:30 - 17:15<br>Trockentraining<br>1./2. Mannschaft<br>Andi/ Fred |      |  |
|          |           | 16:15   |  |  |      |  |
|          |           | 16:30   |  |  |      |  |
|          |           | 16:45   |  |  |      |  |
|          |           | 17:00   |  |  |      |  |
|          |           | 17:15   |  |  |      |  |
|          |           | 17:30   | 17:30 - 19:00<br>Schwimmen<br>1. Mannschaft<br>Andi    |  |      |  |
|          |           | 17:45   |  |  |      |  |
|          |           | 18:00   |  |  |      |  |
|          |           | 18:15   |  |  |      |  |
|          |           | 18:30   |  |  |      |  |
|          |           | 18:45   |  |  |      |  |
|          |           | 19:00   |  |  |      |  |
| Dienstag |           | 14:45   |  |  |      |  |
|          |           | 15:00   |  |  |      |  |
|          |           | 15:15   |  |  |      |  |
|          |           | 15:30   |  |  |      |  |
|          |           | 15:45   |  |  |      |  |
|          |           | 16:00   | 16:00 - 17:00<br>Schwimmen<br>Freizeitgruppe<br>Leonie |  |      |  |
|          |           | 16:15   |  |  |      |  |
|          |           | 16:30   |  |  |      |  |
|          |           | 16:45   |  |  |      |  |
|          |           | 17:00   |  |  |      |  |
| Mittwoch |           | 15:45   |  |  |      |  |
|          |           | 16:00   |  |  |      |  |
|          |           | 16:15   |  |  |      |  |
|          |           | 16:30   |  |  |      |  |
|          |           | 16:45   | 17:00 - 18:30<br>Schwimmen<br>2. Mannschaft<br>Fred    | 17:00 - 18:15<br>Trockentraining<br>1. Mannschaft<br>Andi          |      |  |
|          |           | 17:00   |  |  |      |  |
|          |           | 17:15   |  |  |      |  |
|          |           | 17:30   |  |  |      |  |
|          |           | 17:45   |  |  |      |  |
|          |           | 18:00   |  |  |      |  |
|          |           | 18:15   | 18:30 - 20:00<br>Schwimmen<br>1. Mannschaft<br>Andi    |  |      |  |
|          |           | 18:30   |  |  |      |  |
|          |           | 18:45   |  |  |      |  |
|          |           | 19:00   |  |  |      |  |
|          | 19:15     |         |  |  |      |  |
|          | 19:30     |         |  |  |      |  |
|          | 19:45     |         |  |  |      |  |
|          | 20:00     |         |  |  |      |  |

Trainingsplan Wellenkiller 2011

|                   |       |  |  |  |  |
|-------------------|-------|--|--|--|--|
| <b>Donnerstag</b> | 15:45 |  |  |  |  |
|                   | 16:00 |  |  |  |  |
|                   | 16:15 |  |  |  |  |
|                   | 16:30 |  |  |  |  |
|                   | 16:45 |  |  |  |  |
|                   | 17:00 |  |  |  |  |
|                   | 17:15 |  |  |  |  |
|                   | 17:30 |  |  |  |  |
|                   | 17:45 |  |  |  |  |
|                   | 18:00 |  |  |  |  |
|                   | 18:15 |  |  |  |  |
|                   | 18:30 |  |  |  |  |
|                   | 18:45 |  |  |  |  |
| 19:00             |       |  |  |  |  |
| <b>Freitag</b>    | 15:30 |  |  |  |  |
|                   | 15:45 |  |  |  |  |
|                   | 16:00 |  |  |  |  |
|                   | 16:15 |  |  |  |  |
|                   | 16:30 |  |  |  |  |
|                   | 16:45 |  |  |  |  |
|                   | 17:00 |  |  |  |  |
|                   | 17:15 |  |  |  |  |
|                   | 17:30 |  |  |  |  |
|                   | 17:45 |  |  |  |  |
|                   | 18:00 |  |  |  |  |
|                   | 18:15 |  |  |  |  |
|                   | 18:30 |  |  |  |  |
| 18:45             |       |  |  |  |  |
| 19:00             |       |  |  |  |  |
| 19:15             |       |  |  |  |  |
| 19:30             |       |  |  |  |  |
| <b>Samstag</b>    | 13:15 |  |  |  |  |
|                   | 13:30 |  |  |  |  |
|                   | 13:45 |  |  |  |  |
|                   | 14:00 |  |  |  |  |
|                   | 14:15 |  |  |  |  |
|                   | 14:30 |  |  |  |  |
|                   | 14:45 |  |  |  |  |
|                   | 15:00 |  |  |  |  |
|                   | 15:15 |  |  |  |  |
|                   | 15:30 |  |  |  |  |
|                   | 15:45 |  |  |  |  |
|                   | 16:00 |  |  |  |  |
|                   | 16:15 |  |  |  |  |
| 16:30             |       |  |  |  |  |

16:00 - 18:00  
Trockentraining  
1./2. Mannschaft  
Andi

16:00 - 17:00  
Schwimmen  
Freizeitgruppe  
Susi

17:00 - 18:00  
Schwimmen  
Freizeitgruppe  
Susi

18:00 - 19:30  
Schwimmen  
Spaßgruppe  
(ältere Kinder und  
Erwachsene)  
Peter Wodzick

15:45 - 17:15  
Schwimmen  
1. Mannschaft  
Fred/ Marie

13:30 - 15:00  
Schwimmen  
1. Mannschaft  
Fred

15:00 - 16:15  
Schwimmen  
2. Mannschaft  
Fred  
ggf. bis 16:30

15:10 - 16:15  
Trockentraining  
1. Mannschaft  
Leonie/ Susi