

## Trainingsplan GEG



| Datum:  | Tag: | Senioren          | U20                  | U17               | U15                | U13                | U11               | TW 15-20      | TW 11-13         | Laufschule       | Bem:     |
|---------|------|-------------------|----------------------|-------------------|--------------------|--------------------|-------------------|---------------|------------------|------------------|----------|
| 01. Nov | So   |                   | HS 19:30 Ratingen    |                   |                    | HS 7:30 Moers      |                   |               |                  |                  | Feiertag |
| 02. Nov | Mo   |                   | AF 21:00 - 22:00     | AF 19:45 - 20:45  | 19:15 - 20:45      | AF 18:30 -19:30    | AF 17:30 -18:30   | 19:15 - 20:15 |                  | AF 17:30 -18:30  | A        |
| 03. Nov | Di   | 19:45 - 20:45     |                      |                   |                    |                    | AF 16:30 - 17:30  |               | AF 16:30 - 17:30 |                  |          |
| 04. Nov | Mi   |                   | AF 20:45 - 22:00     |                   | AF 19:30 - 20:30   |                    |                   |               |                  |                  |          |
| 05. Nov | Do   | AF 19:30 - 20:30  |                      |                   |                    |                    |                   |               |                  | AF 16:15 - 17:15 |          |
| 06. Nov | Fr   |                   |                      |                   |                    |                    |                   |               |                  |                  |          |
| 07. Nov | Sa   |                   | HS 19:30 Herne       |                   |                    |                    |                   |               |                  |                  |          |
| 08. Nov | So   |                   | HS 19:30 Berg. Glad. |                   |                    | HS 7:30 Duisburg   |                   |               |                  |                  |          |
| 09. Nov | Mo   |                   | AF 21:00 - 22:00     | 19:15 - 20:45     | AF 19:45 - 20:45   | AF 18:30 -19:30    | AF 17:30 -18:30   | 19:15 - 20:15 | AF 18:30 -19:30  | AF 17:30 -18:30  | B        |
| 10. Nov | Di   | 19:45 - 20:45     |                      |                   |                    | AF 16:30 - 17:30   |                   |               |                  |                  |          |
| 11. Nov | Mi   |                   | AF 20:45 - 22:00     | AF 19:30 - 20:30  |                    |                    |                   |               |                  |                  |          |
| 12. Nov | Do   | AF 20:45 - 22:00  |                      |                   |                    |                    |                   |               |                  | AF 16:15 - 17:15 |          |
| 13. Nov | Fr   |                   | AS 20:00 Essen       |                   |                    |                    |                   |               |                  |                  |          |
| 14. Nov | Sa   | AS 17:00 Wiehl    |                      |                   |                    |                    | AT 8:00 Bielefeld |               |                  |                  |          |
| 15. Nov | So   | HS 19:30 Ratingen |                      |                   |                    | HS 7:30 Herford    |                   |               |                  |                  |          |
| 16. Nov | Mo   | AF 21:00 - 22:00  | 19:45 - 20:45        | AF 19:45 - 20:45  | AS 19:15 Dinslaken | AF 18:30 -19:30    | AF 17:30 -18:30   | 19:15 - 20:15 |                  | AF 17:30 -18:30  | A        |
| 17. Nov | Di   | 19:45 - 20:45     |                      |                   |                    |                    | AF 16:30 - 17:30  |               | AF 16:30 - 17:30 |                  |          |
| 18. Nov | Mi   |                   | AF 20:45 - 22:00     |                   | AF 19:30 - 20:30   |                    |                   |               |                  |                  |          |
| 19. Nov | Do   | AF 19:30 - 20:30  |                      |                   |                    |                    |                   |               |                  | AF 16:15 - 17:15 |          |
| 20. Nov | Fr   | AS 20:00 Essen    |                      |                   |                    |                    |                   |               |                  |                  |          |
| 21. Nov | Sa   |                   | HS 19:30 Troisdorf   |                   |                    |                    |                   |               |                  |                  |          |
| 22. Nov | So   | HS 19:30 Dortmund |                      |                   | HS 7:30 Königsborn |                    |                   |               |                  |                  |          |
| 23. Nov | Mo   |                   | AF 21:00 - 22:00     | 19:15 - 20:45     | AF 19:45 - 20:45   | AF 18:30 -19:30    | AF 17:30 -18:30   | 19:15 - 20:15 | AF 18:30 -19:30  | AF 17:30 -18:30  | B        |
| 24. Nov | Di   | 19:45 - 20:45     |                      |                   |                    | AF 16:30 - 17:30   |                   |               |                  |                  |          |
| 25. Nov | Mi   |                   | AF 20:45 - 22:00     | AF 19:30 - 20:30  |                    |                    |                   |               |                  |                  |          |
| 26. Nov | Do   | AF 20:45 - 22:00  |                      |                   |                    |                    |                   |               |                  | AF 16:15 - 17:15 |          |
| 27. Nov | Fr   | AS 20:00 Ratingen |                      |                   |                    |                    |                   |               |                  |                  |          |
| 28. Nov | Sa   |                   | HS 19:30 Dortmund    | AS 7:30 Bielefeld | AS 10:30 Bergkamen | AS 9:30 Duisburg   | AT 10:00 Moers    |               |                  |                  |          |
| 29. Nov | So   | HS 19:30 Essen    |                      | AS 7:30 Bielefeld |                    | HS 7:30 Königsborn |                   |               |                  |                  |          |
| 30. Nov | Mo   |                   | AF 21:00 - 22:00     | AF 19:45 - 20:45  | 19:15 - 20:45      | AF 18:30 -19:30    | AF 17:30 -18:30   | 19:15 - 20:15 |                  | AF 17:30 -18:30  | A        |

AF = Aussenfeld

U20 Training mit U17 oder Senioren

HS = Heimspiel

AS = Auswärtsspiel

HT = Heimturnier

AT = Auswärtsturnier