# Trainingsplan Intensivwoche 2022

| Zeit | Montag, 17.10.2022 | | | | Dienstag, 18.10.2022 | | | | Mittwoch, 19.10.2022 | | | | Donnerstag, 20.10.2022 | | | | Freitag, 21.10.2022 | | | | Zeit |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | U9 | U11 | U13 | U15 | U9 | U11 | U13 | U15 | U9 | U11 | U13 | U15 | U9 | U11 | U13 | U15 | U9 | U11 | U13 | U15 | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | 13:00 |
| 13:15 | | | | | | | | | | | | | | | | | | | | | 13:15 |
| 13:30 | 13.30-14.30 Eistraining und Eislauf-Trainerin | | | | 13.30-14.30 Eistraining und Eislauf-Trainerin | | | Tennis | 13.30-14.45 Eistraining Game | | Bes. 13.30 14.00-15.30 Schwingen U13-U15 Untervaz | | 13.30-14.30 Eistraining und Eislauf-Trainerin | | Tennis | | 13.30-14.30 Eistraining und Eislauf-Trainerin | | | | 13:30 |
| 13:45 | | | | | | | | | | | | | | | | | | | | | 13:45 |
| 14:00 | | | Warm-up | | | | Warm-up | | | | | | | | | Warm-up | | | Warm-up | | 14:00 |
| 14:15 | | | | | | | | | | | | | | | | | | | | | 14:15 |
| 14:30 | | | | | | | | | | | | | | | | | | | | | 14:30 |
| 14:45 | | | 14.45-16.00 Eistraining | | | | 14.45-16.00 Eistraining und Eislauf-Trainerin | | | | | | Tennis | | 14.45-16.00 Eistraining und Eislauf-Trainerin | | | | 14.45-16.00 Eistraining | | 14:45 |
| 15:00 | Polisportiv | | | | Turn-Halle | Tennis | | | Zvieri | | | | | Turn-Halle | | | Polisportiv | | | | 15:00 |
| 15:15 | | | | | | | | | | | | | | | | | | | | | 15:15 |
| 15:30 | | | | | | | | | | | Zvieri | | | | | | | | | | 15:30 |
| 15:45 | | | | | | | | | | | | | | | | | | | | | 15:45 |
| 16:00 | Zvieri | | | | Zvieri | | | | 16.00-17.15 Schwingen U9-U11 Untervaz Entl. 17.45 | | | | Zvieri | | | | Zvieri | | | | 16:00 |
| 16:15 | | | Polisportiv | | | | Polisportiv | | | | 16.30-18.00 Eistraining Game | | | | Polisportiv | | | | Polisportiv | | 16:15 |
| 16:30 | | | | | | | | | | | | | | | | | | | | | 16:30 |
| 16:45 | U9 Mental Training | U11 Eis | | | 16.45-17.45 Eistraining | | | | | | | | 16.45-17.45 Eistraining | | | | U9 Eis | U11 Mental Training | | | 16:45 |
| 17:00 | | | | | | | | | | | | | | | | | | | | | 17:00 |
| 17:15 | | | Zvieri | | | | Zvieri | | | | | | | | Zvieri | | | | Zvieri | | 17:15 |
| 17:30 | | | | | | | | | | | | | | | | | | | | | 17:30 |
| 17:45 | | | | | | | | | | | | | | | | | | | | | 17:45 |
| 18:00 | | | 18.00-19.15 Eistraining | | | | U13 Eis | U15 Mental Training | | | | | | | U13 Mental Training | U15 Eis | | | 18.00-19.15 Eistraining | | 18:00 |
| 18:15 | | | | | | | | | | | | | | | | | | | | | 18:15 |
| 18:30 | | | | | | | | | | | | | | | | | | | | | 18:30 |
| 18:45 | | | | | | | | | | | | | | | | | | | | | 18:45 |
| 19:00 | | | | | | | | | | | | | | | | | | | | | 19:00 |

04.09.2022

HC Prättigau

Marc Kröni