

Sport- und Sozialclub Jena e.V.
Trainingsplan Feldsaison 2018

20180313_V3

| | Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | |
|-------|---------------------------|-------|---------------|---------------|-----------------|-------|---------------|--------------|-----------|-------|-------|
| | 1. HF | 2. HF | 1. HF | 2. HF | 1. HF | 2. HF | 1. HF | 2. HF | 1. HF | 2. HF | |
| 15:30 | Mini/ Anfänger Lars | | | | | | | | Mä B | | 15:30 |
| 16:00 | | | Kn C / Mä C | Kn D / Mä D | | Kn B | | Julia / Lars | | 16:00 | |
| 16:30 | Kn D / Mä D | | Lars | Jakob / Elena | | Lars | | | | 16:30 | |
| 17:00 | Lars / Vallentin | | | Mä A / B | Mini | | | Kn / Mä C | TW | 17:00 | |
| 17:30 | | | Kn B | Julia | Elaine Jakob | Kn A | | Lars | | 17:30 | |
| 18:00 | GW U 14 M Lars | | Lars | Uwe | | | Lars / Camilo | | | 18:00 | |
| 18:30 | UGW U 14 W Lars | | Kn A / mjB | | | | | | Mä A | wjB | 18:30 |
| 19:00 | | | Lars / Camilo | | | | | | Julia | Ben | 19:00 |
| 19:30 | | | | | | | Herren/ mjA | | U16 / mjB | | 19:30 |
| 20:00 | Eltern II | | Damen / wjB | | Eltern I | | | | Lars | | 20:00 |
| 20:30 | | | Fabian / Ben | | | | | | | | 20:30 |
| 21:00 | | | | | | | Damen | | | | 21:00 |
| 21:30 | | | Herren / mjA | | | | | | | | 21:30 |
| 22:00 | | | | | | | | | | | 22:00 |
| 22:30 | | | | | | | | | | | 22:30 |

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|-----------|------|------|-----------|------|------|-----|-----------------|
| 2000-2001 | mjA | wjA | 2008-2009 | Kn C | Mä C | GW | gerade Woche |
| 2002-2003 | mjB | wjB | 2010-2011 | Kn D | Mä C | UGW | ungerade Woche |
| 2004-2005 | Kn A | Mä A | ab 2012 | Mini | | HF | Halbfeld |
| 2006-2007 | Kn B | Mä B | | | | TW | Torwarttraining |

Alle Trainingszeiten mit einer Platzzeit von 1 1/4 h beginnen bereits 15 min vorher mit einer Laufeinheit