

Trainingsplan der Wiehl Penguins

Montag		Dienstag		Mi	Donnerstag		Freitag		Samstag		Sonntag	
Zeit	Team	Zeit	Team		Zeit	Team	Zeit	Team	Zeit	Team	Zeit	Sonntag
16:30		16:30	Eis	k e i n H o c k e y	16:30	Laufzeit	16:30	Laufzeit	10:15	Eis	07:45	Eis
16:45		16:45	16.45-18.00		16:45		16:45		10:30	10.30-10.45	08:00	8.00-8.15
17:00		17:00	U9		17:00		17:00		10:45	Warm up	08:15	Warm up
17:15		17:15	U11		17:15		17:15		11:00	10.45-12.30	08:30	8.15-10.45
17:30		17:30			17:30	Eis	17:30	Eis	11:15	Spielzeit	08:45	Spielzeit
17:45		17:45			17:45	18.00-19.00	17:45	17.40 - 18.25	11:30		09:00	
18:00		18:00	18.00-19.15		18:00	U15	18:00	U11	11:45		09:15	
18:15		18:15	U13		18:15	U17	18:15	U13	12:00		09:30	
18:30		18:30	U15		18:30	Eis	18:30	Eis	12:15		09:45	
18:45		18:45			18:45	19.15-20.30	18:45	18.40 - 20.00	12:30	12.30-13.30	10:00	
19:00		19:00			19:00	U20	19:00	Grizzlies	12:45	U9	10:15	
19:15		19:15	Eis		19:15	1b	19:15		13:00	U11/13	10:30	
19:30		19:30	19.30-20.30		19:30		19:30		13:15	Parahockey	10:45	Eis
19:45		19:45	U17		19:45		19:45		13:30	Eis		Laufzeit
20:00	Eis	20:00	U20		20:00		20:00	Eis		Laufzeit		
20:15	20.15-21.15	20:15			20:15		20:15	Laufzeit				
20:30	Goalies	20:30	Eis		20:30	Eis	20:30		16:15	Eis	16:30	Eis
20:45	1b/	20:45	20.45-22.00		20:45	20.45-22.00	20:45		16:30	16.30-16.45	16:45	16.45-17.00
21:00	Parahockey*	21:00	Erste		21:00	Erste	21:00		16:45	Warm up	17:00	Warm up
21:15	Eis	21:15			21:15		21:15		17:00	17.00-19.30	17:15	17.00-19.30
21:30	21.30 -22.30	21:30			21:30		21:30		17:15	Spielzeit	17:30	Spielzeit
21:45	1b/	21:45			21:45		21:45		17:30		17:45	
22:00	Parahockey*	22:00	Eis		22:00	Eis	22:00	Eis	17:45		18:00	
22:15	Bandenknaller	22:15			22:15	22.15 - 23.15	22:15	22.15 - 23.15	18:00		18:15	
22:30	Eis	22:30			22:30	Löwen	22:30	Löwen	18:15		18:30	
22:45	*siehe	22:45			22:45	(14.tägig)	22:45	(14.tägig)	18:30		18:45	
23:00	Montatsplan	23:00			23:00		23:00		18:45		19:00	
					23:15				19:00		19:15	
					23:30				19:15		19:30	
									19:30		19:45	Eis
									19:45	Eis	20:00	