

Trainingsplan

| Org | Zeit | MI 15.08.2018 | | | | FR 17.08.2018 | | | | MI 22.08.2018 | | | | FR 24.08.2018 | | | |
|----------------------------|-------------|---------------|--------------|--------------|----------------------|---------------|----------------|--------------|-----------------------|---------------|--------------|--------------|-------------------------------|---------------|-----------------------|--------------|-------------------------|
| | | RE | HA | HB | AU | RE | HA | HB | AU | RE | HA | HB | AU | RE | HA | HB | AU |
| EL | 1940 – 2000 | Kevin | | | | Noel | | | | Andrea | | | | Alena B. | | | |
| TMM / Werfercup am Samstag | | | | | | | | | | | | | | | | | |
| Lektion 1 | 2000 – 2035 | SR | | | LA Einzel / Smolball | T Ae | Spiel (Sandro) | | Laufschule (Kevin) | SR | | | Schnelligkeit / Start (Kevin) | RE | Smolball (Pascal) | | Hoch / Weit (LA / Beni) |
| Lektion 2 | 2040 – 2115 | RE | | | LA Einzel / Lauf | RE | | | LA Einzel | RE | | | Kugel (LA) | T Ae | Kraftcircuit (Sandro) | | Sprungkraft (Kevin) |
| Lektion 3 | 2120 – 2150 | T Ae | | | Stabi (Kevin) | SR | | | Auslaufen / Blackroll | | | | Kraft (Nadine) / 8 x 100m | T Ae | | | Fussball / 3 x 1km |
| Restaurant | | Silberberg | | | | Silberberg | | | | Gemeindehaus | | | | Gemeindehaus | | | |

Trainingsplan

| Org | Zeit | MI 29.08.2018 | | | | FR 31.08.2018 | | | | MI 05.09.2018 | | | | FR 07.09.2018 | | | |
|------------------------------|-------------|---------------|--------------|--------------|--------------------------|---------------|--------------|--------------|--------------|---------------|--------------|--------------|---------------------|---------------------|--------------------------|--------------|-------------------------------|
| | | RE | HA | HB | AU | RE | HA | HB | AU | RE | HA | HB | AU | RE | HA | HB | AU |
| EL | 1940 – 2000 | Vera | | | | Showtraining | | | | Raphael S. | | | | Ariane | | | |
| gem. separatem Trainingsplan | | | | | | | | | | | | | | | | | |
| Lektion 1 | 2000 – 2035 | SR | | | Koordination (Carina) | | | | | TAE | | | Stabi (Kevin) | RE | Spiel und Spass (Pascal) | | LA Munot (19.00 - 21.00 Uhr!) |
| Lektion 2 | 2040 – 2115 | RE | | | Weit (Beni) | | | | | SR | | | Kugel (LA) | SR | Spiel und Spass (Pascal) | | LA Munot (19.00 - 21.00 Uhr!) |
| Lektion 3 | 2120 – 2150 | TAE | | | FTA/ Lauf & Ausdehnen | | | | | RE | | | 10 x 100m / Lauf | Spiel | | | LA Munot (19.00 - 21.00 Uhr!) |
| Restaurant | | Freihof | | | | Freihof | | | | Bowling Five | | | | gemeinsamer Ausgang | | | |

Trainingsplan

| Org | Zeit | MI 12.09.2018 | | | | FR 14.09.2018 | | | | MI 19.09.2018 | | | | FR 21.09.2018 | | | | | | |
|------------|-------------------|---------------|--------------|----------------|-------------------------------|---------------|--------------|----|-----------------------------------|---------------|--------------|----|-------------------------------------|---------------------------|--------------------|----|-----------|---------------------|--|--|
| | | RE | HA | HB | AU | RE | HA | HB | AU | RE | HA | HB | AU | RE | HA | HB | AU | | | |
| EL | 1940 – 2000 | Simon | | | | Patrick L. | | | | Cédric P. | | | | Lukas | | | | | | |
| | | | | | Kant. Gerätemeisterschaften | | | | | | | | LMM-Final Sa und So in Riehen/BS | | | | | | | |
| Lektion 1 | 2000 - 2035 | SR | | | Schnelligkeit / Start (Kevin) | RE | Kraft (Tobi) | | Weitsprung (Beni) | SR | | | Laufschule / Start (Kevin) | T Ae | Kraft (Pascal) | | LA Einzel | | | |
| | | T Ae | | Kraft (Nadine) | Sprungkraft (Kevin) | SR | | | LA Einzel | RE | | | Kugel (LA) | RE | Smollball (Pascal) | | LA Einzel | | | |
| | | | | | Fussball / Korbball / Lauf | T Ae | | | Spiel (Sandro) / 7 x 110m (Kevin) | T Ae | | | Fussball/ Lockerer Lauf & Ausdehnen | LMM: mentale Vorbereitung | | | | Fussball / Korbball | | |
| | | | | | | | | | | | | | | | | | | | | |
| Restaurant | | Bowling Five | | | | Bowling Five | | | | Silberberg | | | | Silberberg | | | | | | |

Trainingsplan

| Org | Zeit | MI 26.09.2018 | | | | FR 28.09.2018 | | | | MI 03.10.2018 | | | | FR 05.10.2018 | | | |
|------------|-------------|-----------------|----|----|---------------------|---|----|----|----|--------------------|----|----|----|--------------------|----|----|----|
| | | RE | HA | HB | AU | RE | HA | HB | AU | RE | HA | HB | AU | RE | HA | HB | AU |
| EL | 1940 – 2000 | Sandro | | | | Fussballspiel TVUR - TVT, Hofen <small>(Korbball noch offen)</small> | | | | Ferien | | | | Ferien | | | |
| | | Turnfahrt Sa/So | | | | | | | | Hallen geschlossen | | | | Hallen geschlossen | | | |
| Lektion 1 | 2000 – 2035 | Kraft (Carina) | | | | | | | | | | | | | | | |
| Lektion 2 | 2040 – 2115 | | | | Fussball / Korbball | | | | | | | | | | | | |
| Lektion 3 | 2120 – 2150 | | | | Fussball / Korbball | | | | | | | | | | | | |
| Restaurant | | Gemeindehaus | | | | | | | | | | | | | | | |

Trainingsplan

| Org | Zeit | MI 10.10.2018 | | | | FR 12.10.2018 | | | | MI 17.10.2018 | | | | FR 19.10.2018 | | | |
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| | | RE | HA | HB | AU | RE | HA | HB | AU | RE | HA | HB | AU | RE | HA | HB | AU |
| EL | 1940 – 2000 | Cédric I. | | | | Michi | | | | Vera D. | | | | Beni S. | | | |
| Lektion 1 | 2000 – 2035 | | | | LA & FTA alle; TdJ-Wettkampf | T Ae | | | Stafetten (Lukas) | SR | | | Sprungkraft (Kevin) | T Ae & Getu alle; TdJ-Wettkampf | | | |
| Lektion 2 | 2040 – 2115 | | | | LA & FTA alle; TdJ-Wettkampf | RE | | | Stabi (Kevin) | Turnshow alle | | | | T Ae & Getu alle; TdJ-Wettkampf | | | |
| Lektion 3 | 2120 – 2150 | | | | LA & FTA alle; TdJ-Wettkampf | SR | | | Spiel | Turnshow alle | | | | T Ae & Getu alle; TdJ-Wettkampf | | | |
| Restaurant | | Freihof | | | | Freihof | | | | Bowling Five | | | | Bowling Five | | | |