

## EJ KASSEL

### Trainingsplan September 2019

Dat. 27.08.2019

Tag	Datum	Laufschule- TW	U7 - U9	U11	U13	U15	U17	U20	89ers.	Ice Cats	DEL 2
So	01. Sep										
Mo	02. Sep	TW 16:30 - 17.30		16:30 - 17.30	17:45 - 19:00	17:45 - 19:00	19:15 - 20:15				
Di	03. Sep		16:15 - 17:15	17:30 - 18:30	17:30 - 18:30	18:45 - 20:00	18:45 - 20:00		20:15 - 21:15		
Mi	04. Sep				16:30 - 17:30	17:45 - 18.45		19:00 - 20:00			
Do	05. Sep		16:30 - 17:30			17:45 - 18.45	19:00 - 19:45	20:00 - 21:00			
Fr	06. Sep	U7 15:15 -16:00	U9 16:00 - 17:00	16:00 -17:00	17:15 - 18:30						
Sa	07. Sep	09:30-10:30									
So	08. Sep					A 12:00 Iserlohn		H 11:15 Bad Nauheim		8:30 - 9:30	
Mo	09. Sep	TW 16:30 - 17.30		16:30 - 17.30	17:45 - 19:00	17:45 - 19:00	19:15 - 20:15				
Di	10. Sep		16:00 - 17:00	17:15 - 18:30	17:15 - 18:30	18:45 - 20:00	18:45 - 20:00		20:15 - 21:15		
Mi	11. Sep				16:30 - 17:30	17:45 - 18.45		19:00 - 20:00			
Do	12. Sep				16:30 - 17:30	17:45 - 18.45	19:00 - 19:45	20:00 - 21:00			
Fr	13. Sep	U7 15:15 -16:00	U9 16:00 - 16:45	16:00 -16:45							H 20:00 Frankfurt
Sa	14. Sep	09:15 -10:00	10:00 - 11:15				A 17:30 Weißwasser				
So	15. Sep						A 10:30 Weißwasser				A 17:30 Bietigheim
Mo	16. Sep	TW 16:30 - 17.30		16:30 - 17.30	17:45 - 19:00	17:45 - 19:00	19:15 - 20:15				
Di	17. Sep		16:00 - 17:00	17:15 - 18:30	17:15 - 18:30	18:45 - 20:00	18:45 - 20:00		20:15 - 21:15		
Mi	18. Sep				16:30 - 17:30	17:45 - 18.45		19:00 - 20:00			
Do	19. Sep		U9 15:15 - 16:15	15:15-16:15	16:30 - 17:30	17:45 - 18.45	19:00 - 19:45	20:00 - 21:00			
Fr	20. Sep	U7 15:15 -16:00	U9 16:00 - 16:45	16:00 -16:45							H 19:30 Crimmitschau
Sa	21. Sep				H 9:30 Herford	HEV		H 13:45 Wolfsburg			
So	22. Sep	8:15 - 9:00			H 11:15 Frankfurt 1b	HEV	A 10:30 Duisburg			7:00 - 8:00	
Mo	23. Sep	TW 16:30 - 17.30		16:30 - 17.30	17:45 - 19:00	17:45 - 19:00	19:15 - 20:15				
Di	24. Sep		16:15 - 17:15	17:30 - 18:30	17:30 - 18:30	18:45 - 20:00	18:45 - 20:00		20:15 - 21:15		
Mi	25. Sep				16:30 - 17:30	17:45 - 18.45		19:00 - 20:00			
Do	26. Sep		16:30 - 17:30		17:45 - 18.45		19:00 - 19:45	20:00 - 21:00			
Fr	27. Sep	U7 16:15 - 17:15	U9 17:15 - 18:15	17:15 - 18:15		18:30 - 19:30					A 19:30 Weißwasser
Sa	28. Sep				H 10:00 Krefeld	H 13:45 Lauterbach					
So	29. Nov	8:30 - 9:30					H 11:15 Frankfurt			7:00 - 8:00	H 18:30 Dresden
Mo	30. Sep	TW 16:30 - 17.30		16:30 - 17.30	17:45 - 19:00	17:45 - 19:00	19:15 - 20:15				

Marathon