

Trainingszeiten Weihnachtsferien 2008 / 2009

Kader **IA** **IB** **Talent** **Mini**
 (Grabowski/Bügner) (Mrozinski/Ulmer) (Praefcke) (Vida) (Busch)

| | ST | ST | ST | ST | ST |
|---------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Fr 02.01.2009 | 09.00-11.00 2 x 50 BET | 09.00-11.00 2 x 50 BET | frei | 09.00-11.00 1 x 50 BET | frei |
| | 16.00-18.00 2 x 50 BET | 16.00-18.00 2 x 50 BET | frei | 16.00-18.00 1 x 50 BET | frei |
| Sa 03.01.2009 | TL Lanzarote | 09.00-11.00 3 x 50 BET | 09.00-11.00 1x 50 BET | 09.00-11.00 2 x 50 BET | frei |
| | TL Lanzarote | 16.00-18.00 3 x 50 BET | frei | 16.00-18.00 3 x 50 BET | frei |
| So 04.01.2009 | TL Lanzarote | frei | frei | frei | frei |
| | TL Lanzarote | frei | frei | frei | frei |
| Mo 05.01.2009 | TL Lanzarote | 10.00-12.00 2 x 50 LSB | frei | 10.00-12.00 2 x 50 LSB | frei |
| | TL Lanzarote | 18.00-20.00 4 x 50 LSB | 20.00-21.30 1 x 50 LSB | 16.00-18.00 2 x 25 BE | 16.00-18.00 2 x 25 BE |
| Di 06.01.2009 | TL Lanzarote | 10.00-12.00 2 x 50 LSB | frei | 10.00-12.00 2 x 50 LSB | frei |
| | TL Lanzarote | 18.00-20.00 4 x 50 LSB | 20.00-21.30 2 x 50 LSB | 16.00-18.00 2 x 50 BET | 16.00-18.00 2 x 50 BET |
| Mi 07.01.2009 | TL Lanzarote | 10.00-12.00 4 x 50 LSB | frei | frei | frei |
| | TL Lanzarote | frei | 20.00-21.30 1 x 50 LSB | 18.00-20.00 4 x 50 LSB | 16.00-18.00 2 x 50 BET |
| Do 08.01.2009 | TL Lanzarote | 10.00-12.00 2 x 50 LSB | frei | 10.00-12.00 2 x 50 LSB | frei |
| | TL Lanzarote | 18.00-20.00 4 x 50 LSB | 20.00-21.30 2 x 50 LSB | 16.00-18.00 2 x 50 BET | 16.00-18.00 2 x 50 BET |
| Fr 09.01.2009 | TL Lanzarote | 10.00-12.00 2 x 50 LSB | frei | 10.00-12.00 2 x 50 LSB | frei |
| | TL Lanzarote | 18.00-20.00 4 x 50 LSB | 20.00-21.30 1 x 50 LSB | 16.00-18.00 2 x 50 BET | 16.00-18.00 2 x 50 BET |
| Sa 10.01.2009 | TL Lanzarote | 10.00-12.00 2 x 50 LSB | 08.00-10.00 1 x 50 LSB | 10.00-12.00 2 x 50 LSB | frei |
| | TL Lanzarote | | frei | frei | frei |
| So 09.01.2009 | TL Lanzarote | frei | frei | frei | frei |
| | TL Lanzarote | frei | frei | frei | frei |

I-A Mannschaft: Mo, Mi, Fr von 08.30 - 10.00 Uhr Krafttraining & Di + Do von 09.00 - 10.00 Uhr Laufen

Minitalentgruppe: hat jeweils vor dem Schwimmtraining von 15.00-16.00 Uhr Landtraining.

Gruppe Kolb schwimmt bei I-A oder Talentgruppe mit.

Busch: 069-418166 o. 0172-9246991

Hildebrandt: 0179-3210175

Grabowski: 0163-7368415

Ulmer: 0171-4473624

Vida: 0176-22889674

Kolb: 0163-6565635

Bügner: 0151-11238746

Mrozinski: 0174-3235875

Praefcke: 0174-7724170