

## TV Preungesheim Sommertrainingsplan Leichtathletik Jugend

Stand: Feb-2023

Uhrzeit	Montag			Dienstag		Mittwoch	Donnerstag	Freitag		
16:00	<b>U8</b> 16:00 - 17:00 Nell/Lina/Lara	<b>U10</b> 16:00 - 17:15 Tom/Leonie								
16:15							<b>U8</b> 16:15 - 17:15 Tom/Hanna			
16:30								<b>U12+</b> 16:30 - 18:00 Heba Wettkampftraining		
16:45										
17:00						<b>U10</b> 17:00 - 18:15 Jula				
17:15			<b>U12</b> 17:15 - 18:45 Katrin/Tom/Leonie	<b>U14/U16</b> 17:15 - 19:00 Angie/Semi/Esther						
17:30					<b>U14/U16</b> 17:30 - 18:30 Angelica			<b>U10</b> 17:15 - 18:45 Tom/Oscar	<b>U12</b> 17:15 - 18:45 Semi	<b>U16+</b> 17:30 - 19:00 Dejen
18:00				<b>U16+</b> 17:30 - 19:00 Dejen						
18:15										
18:30										
18:45										
19:00										

U8
U10
U12
U14/U16
U16+