



Trainingsplan Abenberg

Sommer 2016

	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag			Sonntag		
	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3
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16:00	Kinder																				
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17:00																					
-				17:00 - 20:00			17:00 - 18:00														
17:00				Damen 30			H55 / H60														
-																					
18:00							18:00 - 20:00		18:00 - 20:30												
-							Herren 55		Herren 40 I												
18:00							Herren 60		Herren 40 II												
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