

FC Langnau am Albis Winter - Trainingsplan 2024/2025



Ab ?? 2024

Tag	Kunstrasen 1/2	Kunstrasen 1/2	Halle Widmer u.	Halle Schwerzi	Halle Wolfg.	Naturrasen Hallenbadwiese
Montag	<div style="display: flex; justify-content: space-between;"> <div style="background-color: #c8e6c9; padding: 5px;">C 18-19.30</div> <div style="background-color: #ffe0b2; padding: 5px;">Da 9er 18.30-20</div> </div> <div style="background-color: #43a047; padding: 5px; margin-top: 5px;">Team Nachwuchs 20-21.30</div>				18 19.30 Dc/9er oder Db/9er 18-19.30	Da/7er 18.30-20
Dienstag	<div style="background-color: #ffe0b2; padding: 5px;">E Pool 17.30-18.30</div> <div style="background-color: #2196f3; padding: 5px;">B 18.30-20</div> <div style="background-color: #002060; padding: 5px;">1. Mannschaft 20-21.30</div>		18 19.45 F Pool 18-19.45	17.30 19.30 E Pool 17.30-19.30	18 22 Da/7er 18.30-20	Db/9er 18.30-20
Mittwoch	<div style="background-color: #9575cd; padding: 5px;">F Pool 17.15-18.15</div> <div style="background-color: #c8e6c9; padding: 5px;">C 18.15-19.45</div> <div style="background-color: #43a047; padding: 5px;">Team Nachwuchs 20-21.30</div>			17.30 18.45 Db/7er oder Da/9er 17.30-18.45	17.30 22 G Pool 17.30-18.30	Da/9er 18.30-20
Donnerstag	<div style="background-color: #ffe0b2; padding: 5px;">Db/7er / Dc/9er 17.30-18.30</div> <div style="background-color: #2196f3; padding: 5px;">B 18.30-20</div> <div style="background-color: #002060; padding: 5px;">1. Mannschaft 20-21.30</div>		18 22 E Pool 18-20	20 22 Team Nachwuchs 20-21.30	18 20 E Pool 18-20	Da/7er 18.30-20
Freitag	<div style="background-color: #ffe0b2; padding: 5px;">E Pool 17.30-18.30</div> <div style="background-color: #ffe0b2; padding: 5px;">Da/9er und Db/9er 18.30-20h</div> <div style="background-color: #000000; padding: 5px;">Senioren 30+ 20-21.30h</div>		20 21 Senioren 30+ 20-21	17.30 19.45 F Pool 17.30 - 18.30	F Pool 18.30 - 19.45	Dc/9er 18-19.30