

## VORBEREITUNGSPLAN JULI + AUGUST 2016

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
				1	2	3
4	5 Training Fitness	6	7 Training	8	9	10 11.00 h Lauftraining
11 Training	12 Training Fitness	13	14 Training	15	16 V – Spiel Vogt 17.00 h	17 V – Spiel Haslach 17.00 h
18 Training	19 Training Fitness	20 *	21* Training	22	23 11.00 h Lauftraining	24 Rutenfest
25	26 19.00 h Schussenpokal	27 *	28 * Training	28	30	31 11.00 h Lauftraining
1 V – Spiel Kehlen 2 19.00 h	2 Training Fitness	3 *	4 * Training	5	6	7 11.00 h Lauftraining
8 Training	9 Training Fitness	10	11 Training	12	13 V – Spiel Ettenkirch 17.00 h	14 11.00 h Lauftraining
15	16 Training Fitness	17	18 Training	19	20	21 Rundenstart
22	23	24	25	26	27	28
	30	31	Trainingsbeginn 19.00 h	* = WFV POKAL		