

Trainingsplan Sommer 2023

TC Nicolai Konstanz e.V.

	Montag				Dienstag				Mittwoch					Donnerstag					Freitag					
	2	4	5	6	2	4	5	6	2	3	5	6	HM	2	4	5	6	HM	2	3	5	6	HM	
14.00-14.30		Flo				Flo	Flo				Pia	CvM		Flo	Flo	Pia	CvM				Flo	Pia		14.00-14.30
14.30-15.00																								14.30-15.00
15.00-15.30	Emily	Flo		CvM		Flo	Pia	Emily			Pia	CvM		Flo	Flo	U9 / U10 (Pia)	CvM			Platz 4 Flo	Flo	Pia		15.00-15.30
15.30-16.00																								15.30-16.00
16.00-16.30	Emily	U15w (Flo)	U9 / U10 (Silvia)	CvM		Flo	Pia				Pia	CvM			Flo	Pia	CvM			Platz 4 Flo	U15m (Flo)	Pia		16.00-16.30
16.30-17.00																								16.30-17.00
17.00-17.30		Flo	Silvia	CvM		Flo					Pia	CvM			Flo	Pia	CvM				Flo	Pia		17.00-17.30
17.30-18.00													Herren											17.30-18.00
18.00-18.30		Flo	Herren 50-1			Herren 50-2			Damen 50			CvM		Flo	Pia	CvM			Herren 2			Herren		18.00-18.30
18.30-19.00													(2 Pl)									1		18.30-19.00
19.00-19.30															Damen	Damen		Damen					(2 Pl)	19.00-19.30
19.30-20.00						Herren 3					Damen 2				40	Damen 1		3	Herren 30					19.30-20.00
20.00-20.30															(Pia)	(Flo)		(CvM)						20.00-20.30

Tennisschule Florian Schuler

Mannschaftstraining