

## VFS Rahmentrainingsplan ab 15.04.2018

| Uhrzeit | Montag  |                      |                             |                  |  | Dienstag |                               | Mittwoch                    |                 |               |                      |                                       | Uhrzeit | Donnerstag                                |                                 | Freitag   |         | Sonntag  |                |                                 |                  |                  |                  |
|---------|---|----------------------|-----------------------------|------------------|--|----------|-------------------------------|-----------------------------|-----------------|---------------|----------------------|---------------------------------------|---------|---|---------------------------------|-----------|---------|----------|----------------|---------------------------------|------------------|------------------|------------------|
|         | Bahn 1  | Bahn 2               | Bahn 3                      | Bahn 4           | NS - Becken                                  | Bahn 1   | Bahn 2-4                      | Bahn 1                      | Bahn 2          | Bahn 3        | Bahn 4               | NS - Becken                           |         | Bahn 1                                    | Bahn 2-4                        | Bahn 1    | Bahn 2  | Bahn 1   | Bahn 2         | Bahn 3                          | Bahn 4           | NS-Becken        |                  |
| 9:00    |   |                      |                             |                  |  |          |                               | fett = verantw. Trainer/-in |                 |               |                      |                                       | 9:00    |   |                                 |           |         | BSJ      | BS             | 9:00 - 10:00 BSJ                |                  |                  |                  |
| 9:30    |   |                      |                             |                  |  |          |                               |                             |                 |               |                      | NBS                                   | 9:30    |   |                                 |           |         | Sevdi    | Lydia          | Kübra/ Steffi/ Philipp/ / Helen |                  |                  |                  |
|         |   |                      |                             |                  |  |          |                               |                             |                 |               |                      | Lourdes 12 - 13.00<br>Philipp 14 - 15 | 10:00   |   |                                 | Offenbach |         |          |                |                                 |                  |                  |                  |
| 15.00   | SS2a 15-15.45   | BS3                  | 15:00 - 16:00 Uhr BS J      |                  | 15-15.45 Uhr BSJ1                            |          |                               | 15.15 - 16.00 SS2b          |                 |               |                      |                                       | 15.00   |   |                                 | WK2       |         |          |                |                                 |                  |                  |                  |
| 15.30   | David/ Philipp  | Elke                 | Tyler/Effat/ Sandra/Yasamin |                  | Shamael                                      |          |                               | (Alex L./ Philipp           | WK 1 u./o WK2 a | WK1           | WK1a                 | 15:30-16:15 Wassergewöhnung           | 15.30   |   |                                 | Melanie   |         |          |                |                                 |                  |                  |                  |
| 16.00   | WK1   | WK1a                 | WK2                         | WK2a             | 15:45 - 16:30 SS1 David/ Shamael/Lina        |          |                               | WK 2a                       |                 | Elke/Umut Can | Aaron/ Effat/Philipp | Selda/ Lina/ Damian                   | 16.00   |   |                                 | LG        | AG      |          |                |                                 |                  |                  |                  |
| 16.30   | Elke/ Umut Can  | Aaron/ Effat/Philipp | Melanie/ Patrick            | Jörg/ Paul       | 16:30 - 17:15 SS1- Aufb David/ Shamael/Naemi |          |                               | Jörg/ Paul                  | WK 3            | AG            | AG                   | 16:15-17:00 SS1 Steffi/Selda/ Effat   | 16.30   |   |                                 | Thomas    | Melanie |          |                |                                 |                  |                  |                  |
| 17.00   |   |                      | SS2c                        | WK 3             | 17:15 - 18 SS2b                              |          |                               | BS1                         | Aaron/ Elke     | Melanie       | Melanie              | 17:00-17:45 SS1                       | 17.00   |   |                                 |           |         |          |                |                                 |                  |                  |                  |
| 17.30   | AG  | AG                   | David/ Naemi/ Paul          | Aaron/ Eike      | Alex L./ Phillip/ Lisa                       |          |                               | Elke                        | WK 2            |               |                      | Steffi/ Effat/ Naemi                  | 17.30   |   |                                 |           |         |          |                |                                 |                  |                  |                  |
| 18.00   | Melanie/ Patrick  | Melanie/ Patrick     | WK4                         | WK 4a            |  |          |                               |                             | Melanie         | LG            | LG                   | 17:45-18:30 SS2c David/ Naemi/Luisa   | 18.00   |   |                                 |           |         |          |                |                                 |                  |                  |                  |
| 18.30   |   |                      | Alex L.                     | Alex L./ Philipp |  |          |                               |                             | WK4             | Thomas        | Thomas               | 18:30-19:15 SS2a                      | 18.30   |   |                                 |           |         |          |                |                                 |                  |                  |                  |
| 19.00   | LG  | LG                   |                             |                  |  |          |                               |                             | Alex L.         |               |                      | David/ Philipp                        | 19.00   |   |                                 |           |         | WK 4     | WK 4a          | AG                              | AG               |                  |                  |
| 19.30   | Thomas  | Thomas               |                             |                  |  |          |                               |                             |                 |               |                      |                                       |         | SK-Kurs 19:15-20:00 David/Philipp/ Hannah | 19.30                           |           |         |          |                | Alex L.                         | Alex L./ Philipp | (Melanie)/ Helen | (Melanie)/ Helen |
| 20.00   |   |                      |                             |                  |  |          |                               |                             |                 |               |                      |                                       | 20.00   |   |                                 |           |         |          |                |                                 |                  |                  |                  |
| 20.30   | VFS-Frauenschwimmen /Schwimmkurs für Frauen (Bahn 1 - 5)        |                      |                             |                  |  |          |                               |                             |                 |               |                      |                                       | 20.30   |   |                                 |           |         |          |                |                                 |                  |                  |                  |
| 21.00   |   |                      |                             |                  |  | Triathl. | Erw./Hob Philipp              |                             |                 |               |                      |                                       |         |   |                                 |           | 21.00   | Triathl. | Erw./Hob Yulia |                                 |                  |                  |                  |
| 21.30   | Selda/Effat/Birgit/Silvi/Shamael/Iris/(Kübra, Elisabeth, Ellen) |                      |                             |                  |  | Alex S   | Masters: Yulia SK-Erw. : Elke |                             |                 |               |                      |                                       | 21.30   | Alex S                                    | Masters: Yulia Flüchtl.: Katrin |           |         |          |                |                                 |                  |                  |                  |