# Trainingsplan 2011

| Plätze | Montag | | | | | | | | Dienstag | | | | | | | | Mittwoch | | | | | | | | Donnerstag | | | | | | | | Freitag | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 14.00-15.00 | Trainerplatz | Trainerplatz | | | | | | | Trainerplatz | | | | | | | | Trainerplatz | Trainerplatz | | | | | | | Trainerplatz | Trainerplatz | Trainerplatz | | | | | | Trainerplatz | Trainerplatz | Trainerplatz | | | | | |
| 15.00-16.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00-17.00 | | | | | | Herren 65 | Herren 65 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.00-18.00 | | | | | | | | | | | | | | Herren 60 | Herren 60 | | | | | Herren 40 | | | | | | | | | | | | | | | | | | | | |
| 18.00-19.00 | | | | Herren 50 | | | | | | Damen 40 | Damen 40 | | | | | | | | | | Herren 40 | Herren 50 2 | Herren 50 2 | | | | Damen 50 | | | Herren 50 | Herren 50 | | | | | Herren | Herren | | |
| 19.00-20.00 | | | | | | | | | | | | | | | | | Damen | | | | | | | | Damen | | | | | | | | | | | | | | | |
| 20.00-21.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |