

**Wochenplan WETTKAMPFGRUPPEN Saison 2023/24** *(Änderungen nach Saisonstart noch vorenthalten)*

|         |        |         |                |           |        |
|---------|--------|---------|----------------|-----------|--------|
| Trainer | Vlad   | Gruppen | National/TK    | Assistenz | Alisha |
|         |        |         | Kidsliga       |           |        |
|         |        |         | Futura         |           |        |
|         |        |         | Sportschwimmer |           |        |
|         | Karoly | Gruppen | National       |           |        |

### OHNE TRAGLUFTHALLE (14. August bis Mitte September)

23.08.23

|                                                            | Jg.         | Trainings<br>pro Woche | MONTAG        |                | DIENSTAG                   |  | MITTWOCH         |                  | DONNERSTAG    |                | FREITAG          |                 | SAMSTAG       |               | SAMSTAG PM                        |
|------------------------------------------------------------|-------------|------------------------|---------------|----------------|----------------------------|--|------------------|------------------|---------------|----------------|------------------|-----------------|---------------|---------------|-----------------------------------|
| KIDSLIGA                                                   | 2014 - 2016 | min. 2<br>max. 4       | WASSER        |                |                            |  | WASSER           |                  |               |                | WASSER           |                 |               |               | noch nicht<br>definitiv bestätigt |
|                                                            |             |                        | Vlad          |                |                            |  | Vlad + Assistenz |                  |               |                | Vlad + Assistenz |                 |               |               |                                   |
|                                                            |             |                        | 17:00 - 18:00 |                |                            |  | 18:00 - 19:00    |                  |               |                | 17:30 - 18:30    |                 |               |               |                                   |
|                                                            |             |                        | Obere Au      |                |                            |  | Sand             |                  |               |                | Sand             |                 |               |               |                                   |
| FUTURA                                                     | 2011 - 2013 | min. 4<br>max. 6       | Landtraining  | WASSER         | WASSER                     |  | Landtraining     | WASSER           | Landtraining  | WASSER         | Landtraining     | WASSER          | WASSER        | Stretching    | WASSER                            |
|                                                            |             |                        | Vlad          | Vlad+Assistenz | Vlad                       |  | Karoly           | Karoly+Assistenz | Vlad          | Vlad+Assistenz | Vlad             | Vlad            | Vlad          | Vlad+Alisha   | Vlad                              |
|                                                            |             |                        | 18:00 - 18:30 | 18:30 - 19:30  | 17:30 - 19:30              |  | 17:00 - 17:30    | 17:30 - 18:30    | 17:30 - 18:00 | 18:00 - 19:00  | 18:30 - 19:00    | 19:00 - 20:30   | 9:00 - 10:00  | 10:00 - 10:30 | 16:00-17:30                       |
|                                                            |             |                        | Obere Au      | Obere Au       | Sand                       |  | Obere Au         | Obere Au         | Obere Au      | Obere Au       | Sand             | Sand            | Obere Au      | Obere Au      | Sand                              |
| SPORTSCHWIMMER<br>VORMALS REGIONAL,<br>resp. Freitag ORCAS | 2010+       | min. 1<br>max. 3       | WASSER        |                |                            |  |                  |                  | WASSER        |                |                  | WASSER          |               |               |                                   |
|                                                            |             |                        | Vlad          |                |                            |  |                  |                  | Vlad          |                |                  | Adriana, Maurus |               |               |                                   |
|                                                            |             |                        | 19:30 - 20:30 |                |                            |  |                  |                  | 19:00 - 20:30 |                |                  | 18:00 - 19:00   |               |               |                                   |
|                                                            |             |                        | Obere Au      |                |                            |  |                  |                  | Obere Au      |                |                  | Sand            |               |               |                                   |
| NATIONAL                                                   | 2010+       | min. 6                 | Landtraining  | WASSER         | WASSER                     |  | WASSER           |                  | Landtraining  | WASSER         | Landtraining     | WASSER          | Landtraining  | WASSER        | WASSER                            |
|                                                            |             |                        | Karoly        | Karoly         | Karoly                     |  | Karoly           |                  | Karoly        | Karoly         | Karoly           | Karoly          | Karoly        | Karoly        | Karoly / Vlad                     |
|                                                            |             |                        | 18:30 - 19:00 | 19:00 - 20:45  | 19:00 - 21:00              |  | 18:30 - 20:30    |                  | 18:00 - 19:00 | 19:00 - 20:30  | 17:30 - 18:30    | 18:30 - 20:30   | 09:00 - 09:30 | 09:30 - 11:00 | 16:00-17:30                       |
|                                                            |             |                        | Sand          | Sand           | Sand                       |  | Obere Au         |                  | Sand          | Sand           | Sand             | Sand            | Obere Au      | Obere Au      | Sand                              |
|                                                            |             |                        | draussen      |                |                            |  |                  |                  |               |                |                  |                 |               |               | Zeit variiert                     |
| Talentklasse                                               |             |                        |               |                | Vlad 08:00-09:30, Obere Au |  |                  |                  |               |                |                  |                 |               |               |                                   |