

STV Triengen

Trainingsplan 2025

1. Quartal

| Januar | | | Trainingsbeginn | | Februar | | | Trainingsbeginn | | März | | | Trainingsbeginn | |
|--------|----|------------------------|-------------------------|---------------|---------|----|------------------------|-----------------|----------------|------|----|-------------------------------|-----------------|-------------------------|
| 1 | Mi | Neujahr | | | 1 | Sa | | | | 1 | Sa | | | |
| 2 | Do | Berchtoldstag | | | 2 | So | | | | 2 | So | | | |
| 3 | Fr | Kein Training | | | 3 | Mo | Training 3 | | 20.15 | 3 | Mo | | | kein Training |
| 4 | Sa | | | | 4 | Di | Beginn Wettkampfphase | | Training 20.15 | 4 | Di | Güdisdienstag | | kein Training |
| 5 | So | | | | 5 | Mi | | | | 5 | Mi | Aschermittwoch | | |
| 6 | Mo | | | | 6 | Do | | | | 6 | Do | | | |
| 7 | Di | 1. Quartalsversammlung | obligatorisch | | 7 | Fr | Training 2 | | 20.15 | 7 | Fr | Training 2 | | 20.15 |
| 8 | Mi | | | | 8 | Sa | | | | 8 | Sa | Skiweekend | | gem. separatem Programm |
| 9 | Do | | | | 9 | So | | | | 9 | So | Skiweekend | | gem. separatem Programm |
| 10 | Fr | Jassmeisterschaft | gem. separatem Programm | | 10 | Mo | Training 3 | | 20.15 | 10 | Mo | Training 3 | | 20.15 |
| 11 | Sa | | | | 11 | Di | Training 1 | | 20.15 | 11 | Di | Training 1 | | 20.15 |
| 12 | So | | | | 12 | Mi | | | | 12 | Mi | | | |
| 13 | Mo | | | | 13 | Do | | | | 13 | Do | | | |
| 14 | Di | Training | | Jasmin | 14 | Fr | Training 2 | | 20.15 | 14 | Fr | Training 2 | | 20.15 |
| 15 | Mi | | | | 15 | Sa | | | | 15 | Sa | | | |
| 16 | Do | | | | 16 | So | | | | 16 | So | Osterhasen Cup Getu, Triengen | | |
| 17 | Fr | Training | | GETU Training | 17 | Mo | Training 3 | | 20.15 | 17 | Mo | Training 3 | | 20.15 |
| 18 | Sa | | | | 18 | Di | Training 1 | | 20.15 | 18 | Di | Training 1 | | 20.15 |
| 19 | So | | | | 19 | Mi | | | | 19 | Mi | | | |
| 20 | Mo | | | | 20 | Do | | | | 20 | Do | | | |
| 21 | Di | Training | | GK/Isa | 21 | Fr | Training 2 | | 20.15 | 21 | Fr | Training 2 | | 20.15 |
| 22 | Mi | | | | 22 | Sa | | | | 22 | Sa | | | |
| 23 | Do | | | | 23 | So | | | | 23 | So | | | |
| 24 | Fr | Training | | Martina | 24 | Mo | Training 3 | | 20.15 | 24 | Mo | Training 3 | | 20.15 |
| 25 | Sa | | | | 25 | Di | Training 1 | | 20.15 | 25 | Di | Training 1 | | 20.15 |
| 26 | So | | | | 26 | Mi | | | | 26 | Mi | | | |
| 27 | Mo | | | | 27 | Do | Schmutziger Donnerstag | | | 27 | Do | | | |
| 28 | Di | Training | | GETU Training | 28 | Fr | | | kein Training | 28 | Fr | Training 2 | | 20.15 |
| 29 | Mi | | | | | | | | | 29 | Sa | Spielturnier Jugi, Wolhusen | | |
| 30 | Do | | | | | | | | | 30 | So | | | |
| 31 | Fr | Training | | Richu | | | | | | 31 | Mo | Training 3 | | 20.15 |

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|-----------------------|-----------|-----------------------|
| Training 1 (Dienstag) | 20.00 Uhr | selbständig einlaufen |
| | 20.15 Uhr | SR, SSB, STH |
| | 20.50 Uhr | BA, TAE |
| | 21.25 Uhr | GYG, FTA |

| | | |
|----------------------|-----------|-----------------------|
| Training 2 (Freitag) | 20.00 Uhr | selbständig einlaufen |
| | 20.15 Uhr | SR, SSB, STH |
| | 20.50 Uhr | GYG, FTA |
| | 21.25 Uhr | BA, TAE |

| | | |
|---------------------|------------|----|
| Training 3 (Montag) | 20.15 Uhr | GK |
| | -21.30 Uhr | |