

Trainingsplan / Vorbereitung auf Rückrunde / Frühjahr 2008

KW 06 / 04. - 10. 02		Was	Treffpunkt / Trainingsplatz
Woche 1	Mi 18:30	Training / Laufen	Sportheim
	Do 18:30	Training / "Fußball im Käfig"	Soccer-Halle
	Fr.	frei	
	Sa. 14:00	SV Westerndorf	Rosenheim/ Kunstrasen
	So	Was	Treffpunkt / Trainingsplatz
KW 07 / 11. - 17.02	Mo 18:30	Training / Laufen	Sportheim
	Di 18:30	Training / TW-Training	Sportheim
Woche 2	Mi	frei	
	Do 18:30	Training	Sportheim
	Fr	frei	
	Sa 12:30	Spvgg Unterhaching U-19	Unterhaching
	So	Was	Treffpunkt / Trainingsplatz
KW 08 / 18. - 24. 02	Mo 18:30	Training / TW-Training	Sportheim
	Di 18:30	Training / TW-Training	Sportheim
Woche 3	Mi	frei	
	Do	frei	
	Fr 18:30	TSV 1860 Rosenheim	Rosenheim
	Sa	Hinflug zum Trainingslager	
	So	Trainingslager / Training / Training (TW)	
		Was	Treffpunkt / Trainingsplatz
KW 09 / 25. 02.-02. 03	Mo	Trainingslager / Training (TW) / Spiel	
	Di	Trainingslager / Training (TW)	
Woche 4	Mi	Trainingslager / Training (TW) / Spiel	
	Do	Trainingslager / Training / Training (TW)	
	Fr	Trainingslager / Training	
	Sa	Rückflug aus Trainingslager	
	So		
			Was
KW 10 / 03. - 09. 03	Mo 18:30	Training / TW-Training	Sportheim
	Di 18:30	Training / TW-Training	Sportheim
Woche 5	Mi 19:00	SV Ostermünchen	Ostermünchen
	Do	frei	
	Fr	frei	
	Sa 15:00	DJK Kolbermoor	Taufkirchen/Kunstrasen
	So	Was	Treffpunkt / Trainingsplatz
KW 11 / 10. - 16. 03	Mo 18:30	Training / TW-Training	Sportheim
	Di 19:00	SV Bad Heilbrunn	Bad Heilbrunn
Woche 6	Mi	frei	
	Do 18:30	Training / TW-Training	Sportheim
	Fr	frei	
	Sa 14:00	FT Starnberg 09	Starnberg
	So	Was	Wo
KW 12 / 17. - 23. 03	Mo 18:30	Training / TW-Training	Sportheim
	Di 18:30	Training / TW-Training	Sportheim
Woche 7	Mi	frei	
	Do 18:30	Training, danach Spielerversammlung	Sportheim
	Fr	frei	
	Sa 14:30	Punktspiel / Pullach (A)	Pullach