

Trainingsplan für März 2010

| Tag | Datum | Zeit | Ort | TG-2 | TG-K | TG-J | Bemerkung / Ausrüstung |
|-----|-------|--------------------|---|------|------------|-----------------|--|
| Mo | 1.3 | 16.00 | Skihütte Torfhaus | x | x | x | FT |
| Di | 2.3 | | | | | | |
| Mi | 3.3 | 16:00 | Skihütte Torfhaus | x | x | x | FT |
| Do | 4.3 | 16:00 | Skihütte Torfhaus | | x | x | FT |
| Fr | 5.3 | | | | | | |
| Sa | 6.3 | 9.00 | Bubo LM- Staffel | x | x | x | S8-S11 KT, ab S12 KT;FT;FT |
| So | 7.3 | 9:00 | LLZ Sonnenb. Tour d.H. 5 SK Oker | x | x | x | S8-S11 KT, ab S12 FT |
| | | | | | | | |
| Mo | 8.3 | 16.00 | Skihütte Torfhaus | x | x | x | KT |
| Di | 9.3 | | | | | | |
| Mi | 10.3 | 16:00 | Skihütte Torfhaus | x | x | x | KT |
| Do | 11.3 | Indiv. Jan x | Skihütte Torfhaus Abfahrt Finale DSC Ruhpolding | | x x | x --- --- | FT mit Trainings-Ski Technik Sprint 800m FT Pursuit 3 km KT, 3 km FT |
| Fr | 12.3 | | | | | | |
| Sa | 13.3 | 9:00 | Oderbrücker Langlauf | x | x | x | KT |
| So | 14.3 | 9:00 | LLZ Sonnenb. Tour d.H. 4 Finale ,Hüttenröder SV | x | x | x | S8-S11 KT, ab S12 KT/ FT |
| | | | | | | | |
| Mo | 15.3 | !!! | FREI, PAUSE | | | | |
| Di | 16.3 | 16:00 | Skihütte Torfhaus | x | x | x | FT Vorbereitung Skadi Bodenmais |
| Mi | 17.3 | 16:00 | Skihütte Torfhaus | x | x | x | FT Vorbereitung Skadi Bodenmais |
| Do | 18.3 | | | | | | |
| Fr | 19.3 | 07:00 | Abfahrt nach Bodenmais | x | x | x | FT / KT Ausrüstung |
| Sa | 20.3 | | Skadi Loppet Bodenmais | x | x | x | FT |
| So | 21.3 | | Skadi Loppet Bodenmais | | | x | KT |
| | | | | | | | |
| Mo | 22.3 | | | | | | |
| Di | 23.3 | | | | | | |
| Mi | 24.3 | 16:00 | Skihütte Torfhaus | x | x | x | FT |
| Do | 25.3 | 16:00 | Skihütte Torfhaus | x | x | x | FT |
| Fr | 26.3 | | | | | | |
| Sa | 27.3 | 10:00 | Skiwanderung Ziel ??? | x | x | x | KT |
| So | 28.3 | | | | | | |
| | | | | | | | |
| Mo | 29.3 | 16:00 | Skihütte Torfhaus | x | x | x | KT |
| Di | | | | | | | |
| Mi | 30.3 | 16.00 | Skihütte Torfhaus | x | x | x | KT |

