

Trainingsplan SVg 1924 Bottrop e.V.

Stand: 03.06.2025

Montag Sportpark	Bahn 1	Bahn 2	Bahn 3	Bahn 4	Bahn 5	Bahn 6	"Stummel"	Lehrschwimmb.	Drehkreuz-Info
14:10 - 14:50	Freies Training Erwachsene (Aufsicht Sandra)							WG1 Tanja / Miriam	Christiana
14:50 - 15:30								WG2 Tanja / Miriam	
15:30 - 16:10						Abzeichenkurs 0 Sandra		WG3 Tanja / Miriam	
16:10 - 16:50	WK -N Gritta / Nila	B MO 1 16:10 B2 Marjona / Maggy	WK2-KidsCup Jil	WK2-KidsCup Jil	Abzeichenkurs 1 Marc / Gregor	A MO 1 16:10 B6 Sandra / Ramona	AK MO 1* Bettina / Tabea	WG4 Tanja / Miriam	Jill Christiana
16:50 - 17:30	A MO 2 16:50 B1 Gritta/ Nila	B MO 2 16:50 B2 Marjona / Maggy	WK2-KidsCup Jil	WK2-KidsCup Jil	B MO 2 16:50 B3 Marc / Gregor	A MO 2 16:50 B6 Sandra / Ramona	AK MO 2* Bettina / Tabea	BB MO2* Tanja / Miriam	Verena
17:30 - 18:10		WKH / WKJM ???	WK1 Jil	WK1 Jil	WK1 Jil	A MO 3 17:30 B6 Gritta / Bettina / Maggy	AK MO 3* Sandra / Marc		Rafaela (Std) Julia (Std)
18:10 - 18:50		WKH / WKJM ???	WK1 Jil	WK1 Jil	WK1 Jil	B MO 4 18:10 B6 Gritta / Bettina / Maggy	AK MO 4* Sandra / Marc	Trockentraining WK Jil (19:05-19:45)	

Dienstag Sportpark	Bahn 1	Bahn 2	Bahn 3	Bahn 4	Bahn 5	Bahn 6	"Stummel"	Lehrschwimmb.	Drehkreuz-Info
17:20 - 18:00	A DI 5 17:20 B1 Claudia / Janine	A DI 5 17:20 B2 Kira D. / Nila	B DI 5 17:20 B§ Gritta / Isabel	WK2-KidsCup Jil	WK2-KidsCup Jil	A DI 5 17:20 B6 Bettina / Ole	AK DI 5 Marc / Tabea	Trockentraining WK Jil (16:30-17:10)	Kira T.
18:00 – 18:40	A DI 6 18:00 B1 Claudia / Ole	WKH / WKJM ???	B DI 6 18:00 B2 Bettina / ???	WK1 Jil	WK1 Jil	A DI 6 18:00 B6 Marc / Gritta	AK DI 6 André/Rebecca		Hans-Georg
18:40 – 19:20	B DI 7 18:40 B1 Claudia/ Ole	WKH / WKJM ???	B DI 7 18:40 B2 Bettina / ???	WK1 Jil	WK1 Jil	Abzeichenkurs 2 Marc / Gritta	AK DI 7 André/Rebecca		Verena

Mittwoch Sportpark	Bahn 1	Bahn 2	Bahn 3	Bahn 4	Bahn 5	Bahn 6	"Stummel"	Lehrschwimmb.	Drehkreuz-Info
17:20 - 18:00	A MI 8 17:20 B1 Gritta / Inga	A MI 8 17:20 B2 Melissa / ???	A MI 8 17:20 B3 Dany / Tina	B MI 8 17:20 B4 Marc / ???	WK2-KidsCup Jil / Melina	A MI 8 17:20 B6 Christiana / Julia	AK MI 8 Sandra / Alisa	AK MI 8a Claudia / Kira T.	Tanja
18:00 – 18:40	A MI 9 18:00 B1 Dany / Tina	A MI 9 18:00 B2 Christiana / Inga	WKH / WKJM Vera	B MI 9 18:00 B4 Melissa / Julia	WK2-KidsCup Jil /Melina	WK-A Johannes / Marc	AK MI 9 Sandra / Alisa	AK MI 9a Claudia / Kira T.	Matthias
18:40 – 19:20	A MI 10 18:40 B1 Dany / Tina	A MI 10 18:40 B2 Melissa / Julia	WKH / WKJM Vera	B MI 10 18:40 B4 Bettina /Christiana	WK1 Jil	A MI 10 18:40 B6 Johannes / Gritta / Marie	AK MI 10 Kira T./ Claudia	BB MI 10 Sandra / Inga	Rafaela (Std) Vorschwimmen 18:00-18:40 bei Gritta
19:20 – 20:00	Freies Training Erwachsene	Freies Training Erwachsene	WKH / WKJM Vera	B MI 11 19:20 B4 Tina / Julia	WK1 Jil	B MI 11 19:20 B6 Gritta /Bettina	AK MI 11 Claudia /Christiana	BB MI 11 Sandra / Dany	

Donnerstag Sportpark	17:20-19:20								
Bahn 1	WK 1 Jil							Trockentraining WK Jil (16:30-17:10)	

Freitag Sportpark	Bahn 1	Bahn 2	Bahn 3	Bahn 4	Bahn 5	Bahn 6	"Stummel"	Lehrschwimmb.	Drehkreuz-Info
17:15 - 17:55	A FR 12 17:15 B1 Alina / Alisa	WK-A Gritta / Laura	WK2 - KidsCup Jil / Melina	WK2 - KidsCup Jil / Melina	B FR 12 17:15 B5 Marc/Ramona/Ole	A FR 12 17:15 B6 Kira T. / Maggy	AK FR 12* Sandra / Claudia	BB FR 12* Verena/Pia	Matthias
17:55 - 18:35	WK - N Gritta / Laura	B FR 13 17:55 B2 Carina M. / Ole	WK2 - KidsCup Jil / Melina	WK2 - KidsCup Jil / Melina	A FR 13 17:55 B5 Marc/Ramona/Alisa	A FR 13 17:55 B6 Kira T. / Maggy	AK FR 13* Sandra/Claudia/Alina	BB FR 13* Carina S./Verena/Pia	Janine
18:35 - 19:15	A FR 14 18:35 B1 Gritta / Tina	B FR 14 18:35 B3 Carina M.	WK1 Marc	WKH / WKJM Tim	B FR 14 18:35 B5 Laura /Kira T	B FR 14 18:35 B& Maggy / ???	AK FR 14* Carina S./Verena / Pia	BB FR 14* Sandra / Claudia	Hans-Georg (1.-3. Std) Verena (4.-5. Std.)
19:15 - 19:55	Abzeichenkurs 3 Sandra / Kira T.	B FR 15 19:15 B2 Gritta / Tina	WK1 Jil	WKH / WKJM Tim	Freies Training Erwachsene	Freies Training Erwachsene	Trockentraining Jil (18:50-19:30)	AK FR 15 Claudia / HG	Pia (Std) Rafaela (Std)
19:55 - 20:35	Abzeichenkurs 4 Sandra / Kira T.	B FR 16 19:55 B2 Gritta / Tina	WK1 Jil	WKH / WKJM Tim	Freies Training Erwachsene	Freies Training Erwachsene		AK FR 16 Claudia / HG	

Samstag	9:00 - 9:40	9:40 - 10:20	10:20 - 11:00	11:00 - 11:40	11:40 - 12:20	12:20 - 13:00	13:00 - 13:40		
LSB Welheimer Mark	AK SA 17 Gritta / Claudia	AK SA 18 Gritta / Claudia	BB SA 18 Gritta / Claudia	AK SA 19 Gritta / Claudia	BB SA 19 Gritta / Claudia	AK SA 20 Gritta / Claudia	AK SA 21 Gritta / Claudia		