

# Trainingsplan 2023-1 /prov. Version 4.12.2022

AS = Artistic Swimming / SG = Schwimmgruppe /  
Master gemäss separatem Plan vom Trainer

| Januar                   | Februar          | März                        | April                 | Mai                            | Juni                   |
|--------------------------|------------------|-----------------------------|-----------------------|--------------------------------|------------------------|
| 1 So <b>Neujahr</b>      | 1 Mi AS + Master | 1 Mi AS + Master            | 1 Sa                  | 1 Mo                           | 1 Do SG Do             |
| 2 Mo                     | 2 Do SG Do       | 2 Do SG Do                  | 2 So                  | 2 Di                           | 2 Fr SG Fr + AS        |
| 3 Di                     | 3 Fr SG Fr + AS  | 3 Fr SG Fr + AS             | 3 Mo                  | 3 Mi                           | 3 Sa                   |
| 4 Mi                     | 4 Sa AS          | 4 Sa AS                     | 4 Di                  | 4 Do                           | 4 So                   |
| 5 Do                     | 5 So             | 5 So                        | 5 Mi AS + Master      | 5 Fr                           | 5 Mo                   |
| 6 Fr Heilige Drei Könige | 6 Mo             | 6 Mo                        | 6 Do SG Do + Freitag! | 6 Sa                           | 6 Di                   |
| 7 Sa                     | 7 Di             | 7 Di                        | 7 Fr Karfreitag       | 7 So                           | 7 Mi AS + Master       |
| 8 So                     | 8 Mi AS + Master | 8 Mi AS + Master            | 8 Sa kein Training    | 8 Mo                           | 8 Do SG Do             |
| 9 Mo                     | 9 Do SG Do       | 9 Do SG Do                  | 9 So Ostern           | 9 Di                           | 9 Fr SG Fr + AS        |
| 10 Di                    | 10 Fr SG Fr + AS | 10 Fr SG Fr + AS            | 10 Mo Ostermontag     | 10 Mi AS + Master              | 10 Sa                  |
| 11 Mi AS + Master        | 11 Sa AS         | 11 Sa AS                    | 11 Di                 | 11 Do SG Do                    | 11 So                  |
| 12 Do SG Do              | 12 So            | 12 So                       | 12 Mi AS + Master     | 12 Fr SG Fr + AS               | 12 Mo                  |
| 13 Fr SG Fr + AS         | 13 Mo            | 13 Mo                       | 13 Do SG Do           | 13 Sa AS                       | 13 Di                  |
| 14 Sa AS                 | 14 Di            | 14 Di                       | 14 Fr SG Fr + AS      | 14 So Muttertag                | 14 Mi AS + Master      |
| 15 So                    | 15 Mi            | 15 Mi AS + Master           | 15 Sa AS              | 15 Mo                          | 15 Do SG Do            |
| 16 Mo                    | 16 Do            | 16 Do SG Do                 | 16 So                 | 16 Di                          | 16 Fr SG Fr + AS       |
| 17 Di                    | 17 Fr            | 17 Fr SG Fr + AS            | 17 Mo                 | 17 Mi AS + Master              | 17 Sa                  |
| 18 Mi AS + Master        | 18 Sa            | 18 Sa AS                    | 18 Di                 | 18 Do Auffahrt - kein Training | 18 So                  |
| 19 Do SG Do              | 19 So            | 19 So                       | 19 Mi AS + Master     | 19 Fr Auffahrt - kein Training | 19 Mo                  |
| 20 Fr SG Fr + AS         | 20 Mo            | 20 Mo                       | 20 Do SG Do           | 20 Sa Auffahrt - kein Training | 20 Di                  |
| 21 Sa AS                 | 21 Di            | 21 Di                       | 21 Fr SG Fr + AS      | 21 So                          | 21 Mi AS + Master      |
| 22 So                    | 22 Mi            | 22 Mi AS + Master           | 22 Sa AS              | 22 Mo                          | 22 Do                  |
| 23 Mo                    | 23 Do            | 23 Do SG Do                 | 23 So                 | 23 Di                          | 23 Fr AS               |
| 24 Di                    | 24 Fr            | 24 Fr SG Fr + AS            | 24 Mo                 | 24 Mi AS + Master              | 24 Sa                  |
| 25 Mi AS + Master        | 25 Sa            | 25 Sa AS                    | 25 Di                 | 25 Do SG Do                    | 25 So                  |
| 26 Do SG Do              | 26 So            | 26 So Beginn der Sommerzeit | 26 Mi                 | 26 Fr SG Fr + AS               | 26 Mo                  |
| 27 Fr SG Fr + AS         | 27 Mo            | 27 Mo                       | 27 Do                 | 27 Sa AS                       | 27 Di                  |
| 28 Sa AS                 | 28 Di            | 28 Di                       | 28 Fr                 | 28 So Pfingsten                | 28 Mi AS + Master      |
| 29 So                    |                  | 29 Mi AS + Master           | 29 Sa                 | 29 Mo Pfingstmontag            | 29 Do                  |
| 30 Mo                    |                  | 30 Do SG Do                 | 30 So                 | 30 Di                          | 30 Fr AS               |
| 31 Di                    |                  | 31 Fr SG Fr + AS            |                       | 31 Mi AS + Master              | Ferien Juli und August |

Ab Juni ist das Hallenbad am Samstag geschlossen

Hallenbad schliesst ab ca. mitte Juni.  
Trainings-Infos gemäss Trainer