

Trainingsplan Nordendarena vom 01.05.2026 bis 30.06.2026

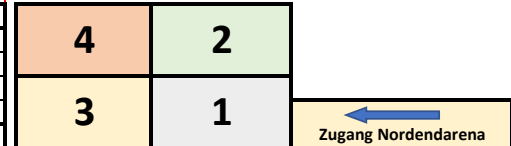
| Montag | | | | | | | | | | |
|---------|-----|-----|-----|-----|------|-------|-------|-------|-------|-----|
| Uhrzeit | KR1 | KR2 | KR3 | KR4 | NR 1 | NR2-1 | NR2-2 | NR2-3 | NR2-4 | NR3 |
| 16:00 | | | | | | | | | | |
| 16:15 | | | | | | | | | | |
| 16:30 | D-M | D-M | E-M | E-M | | F1 | F1 | F2 | F2 | |
| 16:45 | D-M | D-M | E-M | E-M | | F1 | F1 | F2 | F2 | |
| 17:00 | D-M | D-M | E-M | E-M | | F1 | F1 | F2 | F2 | |
| 17:15 | D-M | D-M | E-M | E-M | | F1 | F1 | F2 | F2 | |
| 17:30 | D-M | D-M | E-M | E-M | | F1 | F1 | F2 | F2 | |
| 17:45 | C-M | C-M | C2 | C3 | | F1 | F1 | F2 | F2 | |
| 18:00 | C-M | C-M | C2 | C3 | | B1 | B1 | B1 | B1 | |
| 18:15 | C-M | C-M | C2 | C3 | | B1 | B1 | B1 | B1 | |
| 18:30 | C-M | C-M | C2 | C3 | | B1 | B1 | B1 | B1 | |
| 18:45 | C-M | C-M | C2 | C3 | | B1 | B1 | B1 | B1 | |
| 19:00 | C-M | C-M | C2 | C3 | | B1 | B1 | B1 | B1 | |
| 19:15 | Ü40 | Ü40 | FZT | FZT | | B1 | B1 | B1 | B1 | |
| 19:30 | Ü40 | Ü40 | FZT | FZT | | | | | | |
| 19:45 | Ü40 | Ü40 | FZT | FZT | | | | | | |
| 20:00 | Ü40 | Ü40 | FZT | FZT | | | | | | |
| 20:15 | Ü40 | Ü40 | FZT | FZT | | | | | | |
| 20:30 | Ü40 | Ü40 | FZT | FZT | | | | | | |
| 20:45 | Ü40 | Ü40 | FZT | FZT | | | | | | |
| 21:00 | | | | | | | | | | |

| Donnerstag | | | | | | | | | | |
|------------|-----|-----|-----|-----|------|-------|-------|-------|-------|-----|
| Uhrzeit | KR1 | KR2 | KR3 | KR4 | NR 1 | NR2-1 | NR2-2 | NR2-3 | NR2-4 | NR3 |
| 16:00 | F1 | F2 | | | | | | | | |
| 16:15 | F1 | F2 | | | | | | | | |
| 16:30 | F1 | F2 | | | | | | E1 | E3 | |
| 16:45 | F1 | F2 | E2 | | | | | E1 | E3 | |
| 17:00 | F1 | F2 | E2 | E4 | | D1 | D3 | E1 | E3 | |
| 17:15 | F1 | F2 | E2 | E4 | | D1 | D3 | E1 | E3 | |
| 17:30 | F1 | F2 | E2 | E4 | | D1 | D3 | E1 | E3 | |
| 17:45 | F1 | F2 | E2 | E4 | | D1 | D3 | E1 | E3 | |
| 18:00 | A1 | A1 | E2 | E4 | | D1/D3 | B2 | C1 | C1 | |
| 18:15 | A1 | A1 | | E4 | | D1/D3 | B2 | C1 | C1 | |
| 18:30 | A1 | A1 | | | | I. | B2 | B2 | C1 | C1 |
| 18:45 | A1 | A1 | | | | I. | B2 | B2 | C1 | C1 |
| 19:00 | A1 | A1 | A2 | A2 | | I. | B2 | B2 | C1 | C1 |
| 19:15 | A1 | A1 | A2 | A2 | | I. | B2 | B2 | C1 | C1 |
| 19:30 | A1 | A1 | A2 | A2 | | I. | II. | II. | II. | II. |
| 19:45 | A1 | A1 | A2 | A2 | | I. | II. | II. | II. | II. |
| 20:00 | | | A2 | A2 | | | II. | II. | II. | II. |
| 20:15 | | | A2 | A2 | | | II. | II. | II. | II. |
| 20:30 | | | | | | | II. | II. | II. | II. |
| 20:45 | | | | | | | II. | II. | II. | II. |
| 21:00 | | | | | | | | | | |

| Dienstag | | | | | | | | | | |
|----------|-----|-----|-----|-----|------|-------|-------|-------|-------|-----|
| Uhrzeit | KR1 | KR2 | KR3 | KR4 | NR 1 | NR2-1 | NR2-2 | NR2-3 | NR2-4 | NR3 |
| 16:00 | Ü70 | Ü70 | | | | | | | | |
| 16:15 | Ü70 | Ü70 | | | | | | | | |
| 16:30 | Ü70 | Ü70 | E3 | E1 | | D4 | D4 | | | |
| 16:45 | Ü70 | Ü70 | E3 | E1 | | D4 | D4 | | E2 | |
| 17:00 | D1 | D3 | E3 | E1 | | D4 | D4 | E4 | E2 | |
| 17:15 | D1 | D3 | E3 | E1 | | D4 | D4 | E4 | E2 | |
| 17:30 | D1 | D3 | E3 | E1 | | D4 | D4 | E4 | E2 | |
| 17:45 | D1 | D3 | E3 | E1 | | D4 | D4 | E4 | E2 | |
| 18:00 | D1 | D3 | C1 | C1 | | B2 | B2 | E4 | E2 | |
| 18:15 | D1 | D3 | C1 | C1 | | B2 | B2 | E4 | | |
| 18:30 | A1 | A1 | C1 | C1 | I. | B2 | B2 | | | |
| 18:45 | A1 | A1 | C1 | C1 | I. | B2 | B2 | | | |
| 19:00 | A1 | A1 | C1 | C1 | I. | B2 | B2 | II. | II. | |
| 19:15 | A1 | A1 | C1 | C1 | I. | B2 | B2 | II. | II. | |
| 19:30 | A1 | A1 | A2 | A2 | I. | II. | II. | II. | II. | |
| 19:45 | A1 | A1 | A2 | A2 | I. | II. | II. | II. | II. | |
| 20:00 | | | A2 | A2 | | II. | II. | II. | II. | |
| 20:15 | | | A2 | A2 | | II. | II. | II. | II. | |
| 20:30 | | | A2 | A2 | | | | | | |
| 20:45 | | | A2 | A2 | | | | | | |
| 21:00 | | | | | | | | | | |

| Freitag | | | | | | | | | | |
|---------|---------|---------|-----|-----|------|-------|-------|-------|-------|-----|
| Uhrzeit | KR1 | KR2 | KR3 | KR4 | NR 1 | NR2-1 | NR2-2 | NR2-3 | NR2-4 | NR3 |
| 16:00 | Bambini | Bambini | | | | | | | | |
| 16:15 | Bambini | Bambini | | | | | | | | |
| 16:30 | Bambini | Bambini | | | | | | | | |
| 16:45 | Bambini | Bambini | | | | | | | | |
| 17:00 | Bambini | Bambini | D2 | D4 | | | | | | |
| 17:15 | Bambini | Bambini | D2 | D4 | | | | | | |
| 17:30 | B2 | B2 | D2 | D4 | | | | | | |
| 17:45 | B2 | B2 | D2 | D4 | | | | | | |
| 18:00 | B2 | B2 | D2 | D4 | | B1 | B1 | A2 | A2 | |
| 18:15 | B2 | B2 | D2 | D4 | | B1 | B1 | A2 | A2 | |
| 18:30 | B2 | B2 | | | | B1 | B1 | A2 | A2 | |
| 18:45 | B2 | B2 | | | | B1 | B1 | A2 | A2 | |
| 19:00 | Ü32 | Ü32 | | | | B1 | B1 | A2 | A2 | |
| 19:15 | Ü32 | Ü32 | | | | B1 | B1 | A2 | A2 | |
| 19:30 | Ü32 | Ü32 | | | | | | | | |
| 19:45 | Ü32 | Ü32 | | | | | | | | |
| 20:00 | Ü32 | Ü32 | | | | | | | | |
| 20:15 | Ü32 | Ü32 | | | | | | | | |
| 20:30 | Ü32 | Ü32 | | | | | | | | |
| 20:45 | Ü32 | Ü32 | | | | | | | | |
| 21:00 | Ü32 | Ü32 | | | | | | | | |

| Mittwoch | | | | | | | | | | | | |
|----------|-----|---------|-----|-----|------|-------|-------|-------|-------|-----|--|--|
| Uhrzeit | KR1 | KR2 | KR3 | KR4 | NR 1 | NR2-1 | NR2-2 | NR2-3 | NR2-4 | NR3 | | |
| 16:00 | | | | | | | | | | | | |
| 16:15 | | | | | | | | | | | | |
| 16:30 | E-M | | | | | | | | | | | |
| 16:45 | E-M | D-M | | | | | | | | | | |
| 17:00 | E-M | D-M | | | | D2 | D2 | | | | | |
| 17:15 | E-M | D-M | | | | D2 | D2 | | | | | |
| 17:30 | E-M | D-M | | | | D2 | D2 | | | | | |
| 17:45 | E-M | D-M | | | | D2 | D2 | | | | | |
| 18:00 | C-M | D-M/C-M | B1 | B1 | | D2 | D2 | C2 | C3 | | | |
| 18:15 | C-M | C-M | B1 | B1 | | D2 | D2 | C2 | C3 | | | |
| 18:30 | C-M | C-M | B1 | B1 | | | | C2 | C3 | | | |
| 18:45 | C-M | C-M | B1 | B1 | | | | C2 | C3 | | | |
| 19:00 | C-M | C-M | B1 | B1 | | | | C2 | C3 | | | |
| 19:15 | C-M | C-M | B1 | B1 | | | | C2 | C3 | | | |
| 19:30 | Ü40 | Ü40 | Ü32 | Ü32 | | | | | | | | |
| 19:45 | Ü40 | Ü40 | Ü32 | Ü32 | | | | | | | | |
| 20:00 | Ü40 | Ü40 | Ü32 | Ü32 | | | | | | | | |
| 20:15 | Ü40 | Ü40 | Ü32 | Ü32 | | | | | | | | |
| 20:30 | Ü40 | Ü40 | Ü32 | Ü32 | | | | | | | | |
| 20:45 | Ü40 | Ü40 | Ü32 | Ü32 | | | | | | | | |
| 21:00 | Ü40 | Ü40 | Ü32 | Ü32 | | | | | | | | |



| Legende | |
|---------|-------------------------------|
| KR1 | Kunstrasenfeld vorn oben |
| KR2 | Kunstrasenfeld vorn unten |
| KR3 | Kunstrasenfeld hinten oben |
| KR4 | Kunstrasenfeld hinten unten |
| NR 1 | Naturrasen 1 |
| NR2-1 | Naturrasenfeld 2 vorn oben |
| NR2-2 | Naturrasenfeld 2 vorn unten |
| NR2-3 | Naturrasenfeld 2 hinten oben |
| NR2-4 | Naturrasenfeld 2 hinten unten |
| NR3 | Naturrasen 3 |

Der NR3 sowie der Soccercourt kann zusätzlich genutzt werden (bitte kurze Info)

| | | | | | |
|-----|-----------------------------------|-----|---|---------|-------------------------------------|
| I. | 1. Herren (Krüger/Schilf/Martins) | B2 | B-Jugend (Penkuhn/Franz) | E1 | E-Jugend (Zwarg/Redlich) |
| II. | 2. Herren (Weigt/Grass) | C1 | C-Jugend (Gundlach/Warwell) | E2 | E-Jugend (Bloch/Jaskolski/Noack) |
| Ü32 | Altliga Ü32 (Schutt/Hausmann) | C2 | C-Jugend (Kohlberg/Besekow) | E3 | E-Jugend (Krüger/Pastowsky) |
| Ü40 | Altliga Ü40 (Kroll) | C3 | C-Jugend (Kohlberg/Besekow) | E4 | E-Jugend (Stein/Kruse) |
| Ü70 | Ü70() | C-M | C-Jugend (Schulz/Martins) | E-M | E-Jugend (Schulze) |
| FZT | Freizeitmannschaft (Bismarck) | D1 | D-Jugend (Eberwein) | F1 | F-Jugend (Ecke/Stade) |
| A1 | A-Jugend (Klemencic/Michling) | D2 | D-Jugend (Ziegelsdorff/Landgraf/Westendorf) | F2 | F-Jugend (Notroff/Volkmann/Jürgens) |
| A2 | A-Jugend (Schubel/Rose/Groß) | D3 | D-Jugend (Eberwein) | BAMBINI | G-Jugend (Liedtke/P. Kiesel) |
| B1 | B-Jugend (Gralow/Kroll) | D4 | D-Jugend (Oehme/Steinmetz) | | |
| | | D-M | D-Jugend (Spiller/Engel) | | |