

Monatsplan Kadertraining Januar 2019

| | | | | | | | |
|-----------|-------------|---------------------------------------|---------|-----------|-------------|---------------------------------------|---------|
| ma 01.01. | | kein Training | | je 17.01. | 11.15-13.00 | Sport-Etudes | Coque |
| | | | | | 14.30-17.00 | A-/B-/C-Kader | Coque |
| me 02.01. | | kein Training | | ve 18.01. | 07.50-09.20 | Sports-Etudes | Coque |
| | | | | | 15.30-18.00 | A-/B-/C-Kader | Coque |
| je 03.01. | 09.15-16.00 | Power Practice | Coque | | 18.00-20.00 | Regionaltraining | Wëntger |
| | | | | | 18.00-20.00 | Regionaltraining | Briddel |
| ve 04.01. | 09.15-16.00 | Power Practice | Coque | sa 19.01. | 09.30-11.30 | C-Kader / Förder- und Vereinstraining | Coque |
| | | | | | | | |
| sa 05.01. | | kein Training | | lu 21.01. | 16.30-19.00 | A-/B-/C-Kader | Coque |
| | | | | | 18.00-20.00 | A-/B-/C-Kader | Coque |
| lu 07.01. | 16.30-19.00 | A-/B-/C-Kader | Coque | ma 22.01. | 07.50-09.30 | Sports-Etudes | Coque |
| | 18.00-20.00 | A-/B-/C-Kader | Coque | | 15.30-18.00 | A-/B-/C-Kader | Coque |
| ma 08.01. | 07.50-09.30 | Sports-Etudes | Coque | | 18.00-20.00 | Regionaltraining | Houwald |
| | 15.30-18.00 | A-/B-/C-Kader | Coque | me 23.01. | 07.50-09.20 | Sports-Etudes | Coque |
| | 18.00-20.00 | Regionaltraining | Houwald | | 15.30-18.00 | A-/B-/C-Kader | Coque |
| me 09.01. | 07.50-09.20 | Sports-Etudes | Coque | | | Regionaltraining | Lënster |
| | 15.30-18.00 | A-/B-/C-Kader | Coque | | 18.00-20.00 | Regionaltraining | Lëntgen |
| | | Regionaltraining | Lënster | | 18.00-20.00 | Regionaltraining | Lénger |
| | 18.00-20.00 | Regionaltraining | Lëntgen | je 24.01. | 11.15-13.00 | Sport-Etudes | Coque |
| | 18.00-20.00 | Regionaltraining | Lénger | | 14.30-17.00 | A-/B-/C-Kader | Coque |
| je 10.01. | 11.15-13.00 | Sport-Etudes | Coque | ve 25.01. | 07.50-09.20 | Sports-Etudes | Coque |
| | 14.30-17.00 | A-/B-/C-Kader | Coque | | 15.30-18.00 | A-/B-/C-Kader | Coque |
| ve 11.01. | 07.50-09.20 | Sports-Etudes | Coque | | 18.00-20.00 | Regionaltraining | Wëntger |
| | 15.30-18.00 | A-/B-/C-Kader | Coque | | 18.00-20.00 | Regionaltraining | Briddel |
| | 18.00-20.00 | Regionaltraining | Wëntger | sa 26.01. | 09.30-11.30 | C-Kader / Förder- und Vereinstraining | Coque |
| | 18.00-20.00 | Regionaltraining | Briddel | | | | |
| sa 12.01. | 09.30-11.30 | C-Kader / Förder- und Vereinstraining | Coque | lu 28.01. | 16.30-19.00 | A-/B-/C-Kader | Coque |
| | | | | | 18.00-20.00 | A-/B-/C-Kader | Coque |
| lu 14.01. | 16.30-19.00 | A-/B-/C-Kader | Coque | ma 29.01. | 07.50-09.30 | Sports-Etudes | Coque |
| | 18.00-20.00 | A-/B-/C-Kader | Coque | | 15.30-18.00 | A-/B-/C-Kader | Coque |
| ma 15.01. | 07.50-09.30 | Sports-Etudes | Coque | | 18.00-20.00 | Regionaltraining | Houwald |
| | 15.30-18.00 | A-/B-/C-Kader | Coque | me 30.01. | 07.50-09.20 | Sports-Etudes | Coque |
| | 18.00-20.00 | Regionaltraining | Houwald | | 15.30-18.00 | A-/B-/C-Kader | Coque |
| me 16.01. | 07.50-09.20 | Sports-Etudes | Coque | | | Regionaltraining | Lënster |
| | 15.30-18.00 | A-/B-/C-Kader | Coque | | 18.00-20.00 | Regionaltraining | Lëntgen |
| | | Regionaltraining | Lënster | | 18.00-20.00 | Regionaltraining | Lénger |
| | 18.00-20.00 | Regionaltraining | Lëntgen | je 31.01. | 11.15-13.00 | Sport-Etudes | Coque |
| | 18.00-20.00 | Regionaltraining | Lénger | | 14.30-17.00 | A-/B-/C-Kader | Coque |

15.01.-20.01.19 ITTF World Tour, Hungarian Open, Budapest (HUN)

18.01.-20.01.19 Welsch Euro Challenge, Cardiff (WAL)