

TRAININGSPLAN

KW47

	Mo. 17.11.	Di. 18.11.	Mi. 19.11.	Do. 20.11.	Fr. 21.11.	Sa. 22.11.	So. 23.11.
08:00							
09:00							
10:00		TRAINING	TRAINING			TRAINING	
11:00		TRAINING	TRAINING			TRAINING	
12:00							
13:00							
14:00							
15:00	TRAINING			TRAINING			
16:00	TRAINING			TRAINING			
17:00							
18:00							
19:00							
20:00					FC WIL 1900 VS. YVERDON SPORT FC SPIELTAG 14		



FUESSBALLKULTUR SIIT 1900