

SALZBURG - JUNIOŘI

PONDELI

| | | |
|-------------|-------------|-------------|
| 17.00-18.15 | 18.30-19.30 | 19.45-20.00 |
| Off Ice | On Ice | cool down |

UTERY

| | | | | | |
|-----------|-----------|----------------|-------------|-------------|-------------|
| 6.30-7.00 | 7.15-7.30 | 8.00-9.30 | 16.45-17.45 | 18.30-19.30 | 19.45-20.00 |
| Ck test | bike | ind tr. On Ice | Off Ice | On Ice | cool down |

STREDA

DAY OFF

CTVRTEK

| | | | | | |
|-----------|-----------|----------------|-------------|-------------|-------------|
| 6.30-7.00 | 7.15-7.30 | 8.00-9.00 | 16.15-17.45 | 18.00-19.00 | 19.15-19.30 |
| Ck test | bike | ind tr. On Ice | Off Ice | ON Ice | cool down |

PATEK

| | | |
|----------------|-------------|-------------|
| 15.45-16.45 | 17.45-18.45 | 19.00-19.45 |
| Upolove sporty | On Ice | Off Ice |

SOBOTA

| | | |
|-------------|-------------|-------------|
| 16.00-16.30 | 18.30-21.00 | 21.15-21.45 |
| Video | GAME | Bike |

NEDELE

| | | |
|-------------|-------------|-------------|
| 11.00-11.15 | 12.30-15.00 | 15.00-15.30 |
| Video | GAME | Bike |

On ice trenink 5hod
Ind.tr. On Ice 2.5hod
Off Ice trenink 8hod
Upolove sporty 1hod
Video cca 1hod

1 - Program je sestavovan se skolnim koordinatorem, aby treninky primo navazovaly na skolu

2 - cas na stadium je vyhrazen 20.00 - 22.00 na internate, kde je 23 hracu z 27mi cl kadru

3 - Off Ice - trenink mimo led vedou kondicni treneri

4 - indiv.treninky dopoledne se ucastni 90 % hracu kategorie U16 a U18, trenink je zpravidla org. 5ti az 6ti stanovisti po 6ti az 7mi hracich