

Trainer:

IAT Leipzig/BVDG

WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:01/2017

| K1-7: 294Wh/62kg/18,4t |                |                    |                |                | K1-5: 294Wh/62kg/18,4t |    |    |    |   | Bel.: m   |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  |    |     |    |  |  |  |  |
|------------------------|----------------|--------------------|----------------|----------------|------------------------|----|----|----|---|-----------|----|----|----|---|-----|--|----|-----|-----------|--------|----|----|---|--|-----|--|--|--|----|-----|----|--|--|--|--|
| K1: 95                 |                |                    |                |                | K2: 50                 |    |    |    |   | K3: 62    |    |    |    |   | K4: |  |    |     |           | K5: 87 |    |    |   |  | K6: |  |  |  |    | K7: |    |  |  |  |  |
| <b>1</b>               | 35             | 62                 | 66             | 4              | <b>6</b>               | 24 | 59 | 63 | 4 | <b>13</b> | 38 | 68 | 71 | 5 |     |  |    |     | <b>19</b> | 57     | 61 | 65 | 5 |  |     |  |  |  |    |     |    |  |  |  |  |
| <b>3</b>               | 20             | 64                 | 68             | 4              | <b>8</b>               | 26 | 42 | 46 | 4 | <b>14</b> | 24 | 68 | 71 | 4 |     |  |    |     | <b>20</b> | 30     | 74 | 77 | 6 |  |     |  |  |  |    |     |    |  |  |  |  |
| <b>4</b>               | 20             | 64                 | 68             | 4              |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  |    |     |    |  |  |  |  |
| <b>5</b>               | 20             | 61                 | 65             | 4              |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  |    |     |    |  |  |  |  |
| TÜ                     |                | Montag 16:00 Uhr   |                |                |                        |    |    |    |   |           |    |    |    |   |     |  | WH | MHG | BW        |        |    |    |   |  |     |  |  |  |    |     |    |  |  |  |  |
| <b>1</b>               | $\frac{60}{4}$ | $\frac{63}{4}$     | $\frac{66}{4}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 20 | 64  | 66 |  |  |  |  |
| <b>4</b>               | $\frac{61}{4}$ | $\frac{65}{4}$     | $\frac{68}{4}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 20 | 64  | 68 |  |  |  |  |
| <b>13</b>              | $\frac{66}{8}$ | $\frac{69}{6}$     | $\frac{71}{5}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 38 | 68  | 71 |  |  |  |  |
| <b>19</b>              | $\frac{57}{5}$ | $\frac{61}{5}$     | $\frac{65}{5}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 25 | 61  | 65 |  |  |  |  |
| TÜ                     |                | Mittwoch 16:00 Uhr |                |                |                        |    |    |    |   |           |    |    |    |   |     |  | WH | MHG | BW        |        |    |    |   |  |     |  |  |  |    |     |    |  |  |  |  |
| <b>8</b>               | $\frac{38}{5}$ | $\frac{42}{4}$     | $\frac{44}{4}$ | $\frac{46}{4}$ |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 26 | 42  | 46 |  |  |  |  |
| <b>6</b>               | $\frac{57}{5}$ | $\frac{60}{5}$     | $\frac{63}{4}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 24 | 59  | 63 |  |  |  |  |
| <b>5</b>               | $\frac{58}{4}$ | $\frac{62}{4}$     | $\frac{65}{4}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 20 | 61  | 65 |  |  |  |  |
| <b>20</b>              | $\frac{71}{6}$ | $\frac{74}{6}$     | $\frac{77}{6}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 30 | 74  | 77 |  |  |  |  |
| TÜ                     |                | Freitag 16:00 Uhr  |                |                |                        |    |    |    |   |           |    |    |    |   |     |  | WH | MHG | BW        |        |    |    |   |  |     |  |  |  |    |     |    |  |  |  |  |
| <b>1</b>               | $\frac{58}{3}$ | $\frac{60}{3}$     | $\frac{62}{3}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 15 | 60  | 62 |  |  |  |  |
| <b>3</b>               | $\frac{60}{4}$ | $\frac{64}{4}$     | $\frac{68}{4}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 20 | 64  | 68 |  |  |  |  |
| <b>14</b>              | $\frac{65}{5}$ | $\frac{69}{5}$     | $\frac{71}{4}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 24 | 68  | 71 |  |  |  |  |
| <b>19</b>              | $\frac{58}{8}$ | $\frac{60}{8}$     | $\frac{63}{8}$ |                |                        |    |    |    |   |           |    |    |    |   |     |  |    |     |           |        |    |    |   |  |     |  |  |  | 32 | 61  | 63 |  |  |  |  |

WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:02/2017

| K1-7: 307Wh/64kg/19,6t |                           |                  |                  |                  | K1-5: 307Wh/64kg/19,6t |    |    |    |        | Bel.: h |    |    |     |   |         |           |            |           |    |     |   |  |  |  |  |
|------------------------|---------------------------|------------------|------------------|------------------|------------------------|----|----|----|--------|---------|----|----|-----|---|---------|-----------|------------|-----------|----|-----|---|--|--|--|--|
| K1: 105                |                           |                  |                  |                  | K2: 46                 |    |    |    | K3: 55 |         |    |    | K4: |   | K5: 101 |           |            | K6:       |    | K7: |   |  |  |  |  |
| 1                      | 41                        | 64               | 69               | 4                | 6                      | 22 | 61 | 65 | 4      | 13      | 30 | 68 | 71  | 5 |         |           | 19         | 65        | 63 | 68  | 5 |  |  |  |  |
| 3                      | 24                        | 65               | 70               | 4                | 8                      | 24 | 44 | 48 | 4      | 14      | 25 | 68 | 71  | 4 |         |           | 20         | 36        | 74 | 78  | 6 |  |  |  |  |
| 4                      | 20                        | 65               | 69               | 4                |                        |    |    |    |        |         |    |    |     |   |         |           |            |           |    |     |   |  |  |  |  |
| 5                      | 20                        | 64               | 68               | 4                |                        |    |    |    |        |         |    |    |     |   |         |           |            |           |    |     |   |  |  |  |  |
| <b>TÜ</b>              | <b>Montag 16:00 Uhr</b>   |                  |                  |                  |                        |    |    |    |        |         |    |    |     |   |         | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |     |   |  |  |  |  |
| 1                      | $\frac{60}{5}_2$          | $\frac{64}{5}$   | $\frac{69}{4}_2$ |                  |                        |    |    |    |        |         |    |    |     |   |         |           | 23         | 64        | 69 |     |   |  |  |  |  |
| 4                      | $\frac{60}{4}$            | $\frac{63}{4}_2$ | $\frac{66}{4}_2$ | $\frac{69}{4}$   |                        |    |    |    |        |         |    |    |     |   |         |           | 20         | 65        | 69 |     |   |  |  |  |  |
| 13                     | $\frac{65}{5}_2$          | $\frac{68}{5}_2$ | $\frac{71}{5}_2$ |                  |                        |    |    |    |        |         |    |    |     |   |         |           | 30         | 68        | 71 |     |   |  |  |  |  |
| 19                     | $\frac{60}{5}$            | $\frac{64}{5}_2$ | $\frac{68}{5}_2$ |                  |                        |    |    |    |        |         |    |    |     |   |         |           | 25         | 65        | 68 |     |   |  |  |  |  |
| <b>TÜ</b>              | <b>Mittwoch 16:00 Uhr</b> |                  |                  |                  |                        |    |    |    |        |         |    |    |     |   |         | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |     |   |  |  |  |  |
| 8                      | $\frac{40}{4}$            | $\frac{43}{4}_2$ | $\frac{46}{4}_2$ | $\frac{48}{4}$   |                        |    |    |    |        |         |    |    |     |   |         |           | 24         | 44        | 48 |     |   |  |  |  |  |
| 6                      | $\frac{57}{5}$            | $\frac{60}{5}$   | $\frac{63}{4}_2$ | $\frac{65}{4}$   |                        |    |    |    |        |         |    |    |     |   |         |           | 22         | 61        | 65 |     |   |  |  |  |  |
| 5                      | $\frac{60}{4}_2$          | $\frac{65}{4}_2$ | $\frac{68}{4}$   |                  |                        |    |    |    |        |         |    |    |     |   |         |           | 20         | 64        | 68 |     |   |  |  |  |  |
| 20                     | $\frac{70}{6}_2$          | $\frac{74}{6}_2$ | $\frac{78}{6}_2$ |                  |                        |    |    |    |        |         |    |    |     |   |         |           | 36         | 74        | 78 |     |   |  |  |  |  |
| <b>TÜ</b>              | <b>Freitag 16:00 Uhr</b>  |                  |                  |                  |                        |    |    |    |        |         |    |    |     |   |         | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |     |   |  |  |  |  |
| 1                      | $\frac{60}{3}_2$          | $\frac{63}{3}_2$ | $\frac{66}{3}_2$ |                  |                        |    |    |    |        |         |    |    |     |   |         |           | 18         | 63        | 66 |     |   |  |  |  |  |
| 3                      | $\frac{59}{4}$            | $\frac{63}{4}_2$ | $\frac{66}{4}$   | $\frac{70}{4}_2$ |                        |    |    |    |        |         |    |    |     |   |         |           | 24         | 65        | 70 |     |   |  |  |  |  |
| 14                     | $\frac{63}{5}$            | $\frac{67}{4}_2$ | $\frac{70}{4}_2$ | $\frac{71}{4}$   |                        |    |    |    |        |         |    |    |     |   |         |           | 25         | 68        | 71 |     |   |  |  |  |  |
| 19                     | $\frac{59}{8}_2$          | $\frac{62}{8}$   | $\frac{64}{8}_2$ |                  |                        |    |    |    |        |         |    |    |     |   |         |           | 40         | 62        | 64 |     |   |  |  |  |  |

## WOCHENPLAN

**BVDG**BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Woche:03/2017

Schüler Verein u15 Musterplan

| K1-7: 290Wh/66kg/19,1t |                    |    |                  |   | K1-5: 290Wh/66kg/19,1t |    |                  |    |   | Bel.: h   |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------|--------------------|----|------------------|---|------------------------|----|------------------|----|---|-----------|----|----|----|---|-----|--|--|--|--|--------|--|-----------|------------|-----------|-----------|----|----|----|---|-----|--|--|--|--|--|--|--|--|--|--|--|-----------|----|----|----|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| K1: 88                 |                    |    |                  |   | K2: 51                 |    |                  |    |   | K3: 55    |    |    |    |   | K4: |  |  |  |  | K5: 96 |  |           |            |           | K6:       |    |    |    |   | K7: |  |  |  |  |  |  |  |  |  |  |  |           |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>1</b>               | 36                 | 67 | 72               | 4 | <b>6</b>               | 27 | 62               | 67 | 4 | <b>13</b> | 28 | 69 | 73 | 4 |     |  |  |  |  |        |  |           |            |           | <b>19</b> | 66 | 66 | 71 | 4 |     |  |  |  |  |  |  |  |  |  |  |  | <b>20</b> | 30 | 76 | 80 | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>3</b>               | 20                 | 68 | 73               | 4 | <b>8</b>               | 24 | 47               | 51 | 4 | <b>14</b> | 27 | 69 | 73 | 4 |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>4</b>               | 16                 | 66 | 71               | 4 |                        |    |                  |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>5</b>               | 16                 | 66 | 71               | 4 |                        |    |                  |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>TÜ</b>              | Montag 16:00 Uhr   |    |                  |   |                        |    |                  |    |   |           |    |    |    |   |     |  |  |  |  |        |  | <b>WH</b> | <b>MHG</b> | <b>BW</b> |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>1</b>               | $\frac{64_2}{4}$   |    | $\frac{68_2}{4}$ |   | $\frac{70}{4}$         |    | $\frac{72}{4}$   |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  | 24        | 68 | 72 |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>4</b>               | $\frac{60}{4}$     |    | $\frac{65}{4}$   |   | $\frac{69}{4}$         |    | $\frac{71}{4}$   |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 16 | 66 | 71 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>13</b>              | $\frac{65_2}{5}$   |    | $\frac{69_2}{5}$ |   | $\frac{73_2}{4}$       |    |                  |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 28 | 69 | 73 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>19</b>              | $\frac{62}{5}$     |    | $\frac{65}{5}$   |   | $\frac{68_2}{4}$       |    | $\frac{71_2}{4}$ |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 26 | 67 | 71 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>TÜ</b>              | Mittwoch 16:00 Uhr |    |                  |   |                        |    |                  |    |   |           |    |    |    |   |     |  |  |  |  |        |  | <b>WH</b> | <b>MHG</b> | <b>BW</b> |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>8</b>               | $\frac{42}{4}$     |    | $\frac{46_2}{4}$ |   | $\frac{49_2}{4}$       |    | $\frac{51}{4}$   |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 24 | 47 | 51 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>6</b>               | $\frac{55}{5}$     |    | $\frac{60_2}{5}$ |   | $\frac{65_2}{4}$       |    | $\frac{67}{4}$   |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 27 | 62 | 67 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>5</b>               | $\frac{63_2}{4}$   |    | $\frac{67}{4}$   |   | $\frac{71}{4}$         |    |                  |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 16 | 66 | 71 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>20</b>              | $\frac{68}{5}$     |    | $\frac{73}{5}$   |   | $\frac{78_2}{5}$       |    | $\frac{80_2}{5}$ |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 30 | 76 | 80 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>TÜ</b>              | Freitag 16:00 Uhr  |    |                  |   |                        |    |                  |    |   |           |    |    |    |   |     |  |  |  |  |        |  | <b>WH</b> | <b>MHG</b> | <b>BW</b> |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>1</b>               | $\frac{62}{3}$     |    | $\frac{66}{3}$   |   | $\frac{69_2}{3}$       |    |                  |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 12 | 67 | 69 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>3</b>               | $\frac{62}{4}$     |    | $\frac{66}{4}$   |   | $\frac{69_2}{4}$       |    | $\frac{73}{4}$   |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 20 | 68 | 73 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>14</b>              | $\frac{65}{5}$     |    | $\frac{68_2}{5}$ |   | $\frac{70_2}{4}$       |    | $\frac{73}{4}$   |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 27 | 69 | 73 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>19</b>              | $\frac{62_2}{8}$   |    | $\frac{65}{8}$   |   | $\frac{69_2}{8}$       |    |                  |    |   |           |    |    |    |   |     |  |  |  |  |        |  |           |            |           |           |    |    |    |   |     |  |  |  |  |  |  |  |  |  |  |  |           | 40 | 65 | 69 |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Trainer:

IAT Leipzig/BVDG

WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:04/2017

| K1-7: 259Wh/69kg/18,0t |                             |                             |                             |                | K1-5: 259Wh/69kg/18,0t |    |    |    |   | Bel.: g   |    |    |    |   |     |           |            |           |           |    |     |    |   |     |  |  |  |  |  |  |  |
|------------------------|-----------------------------|-----------------------------|-----------------------------|----------------|------------------------|----|----|----|---|-----------|----|----|----|---|-----|-----------|------------|-----------|-----------|----|-----|----|---|-----|--|--|--|--|--|--|--|
| K1: 92                 |                             |                             |                             |                | K2: 34                 |    |    |    |   | K3: 53    |    |    |    |   | K4: |           |            | K5: 80    |           |    | K6: |    |   | K7: |  |  |  |  |  |  |  |
| <b>1</b>               | 32                          | 70                          | 76                          | 3              | <b>6</b>               | 18 | 64 | 70 | 4 | <b>13</b> | 28 | 71 | 75 | 4 |     |           |            |           | <b>19</b> | 50 | 70  | 75 | 4 |     |  |  |  |  |  |  |  |
| <b>3</b>               | 24                          | 71                          | 76                          | 4              | <b>8</b>               | 16 | 48 | 53 | 4 | <b>14</b> | 25 | 71 | 75 | 5 |     |           |            |           | <b>20</b> | 30 | 79  | 83 | 5 |     |  |  |  |  |  |  |  |
| <b>4</b>               | 16                          | 69                          | 74                          | 4              |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           |    |     |    |   |     |  |  |  |  |  |  |  |
| <b>5</b>               | 20                          | 69                          | 74                          | 4              |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           |    |     |    |   |     |  |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Montag 16:00 Uhr</b>     |                             |                             |                |                        |    |    |    |   |           |    |    |    |   |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |           |    |     |    |   |     |  |  |  |  |  |  |  |
| <b>1</b>               | $\frac{65}{4}$              | $\frac{70}{4}$              | $\frac{74}{3}$ <sub>2</sub> | $\frac{76}{3}$ |                        |    |    |    |   |           |    |    |    |   |     |           |            |           | 17        | 71 | 76  |    |   |     |  |  |  |  |  |  |  |
| <b>4</b>               | $\frac{63}{4}$              | $\frac{67}{4}$              | $\frac{71}{4}$              | $\frac{74}{4}$ |                        |    |    |    |   |           |    |    |    |   |     |           |            |           | 16        | 69 | 74  |    |   |     |  |  |  |  |  |  |  |
| <b>13</b>              | $\frac{67}{5}$ <sub>2</sub> | $\frac{72}{5}$ <sub>2</sub> | $\frac{75}{4}$ <sub>2</sub> |                |                        |    |    |    |   |           |    |    |    |   |     |           |            | 28        | 71        | 75 |     |    |   |     |  |  |  |  |  |  |  |
| <b>19</b>              | $\frac{69}{4}$ <sub>2</sub> | $\frac{72}{4}$              | $\frac{75}{4}$ <sub>2</sub> |                |                        |    |    |    |   |           |    |    |    |   |     |           |            | 20        | 72        | 75 |     |    |   |     |  |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Mittwoch 16:00 Uhr</b>   |                             |                             |                |                        |    |    |    |   |           |    |    |    |   |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |           |    |     |    |   |     |  |  |  |  |  |  |  |
| <b>8</b>               | $\frac{45}{4}$ <sub>2</sub> | $\frac{49}{4}$              | $\frac{53}{4}$              |                |                        |    |    |    |   |           |    |    |    |   |     |           |            | 16        | 48        | 53 |     |    |   |     |  |  |  |  |  |  |  |
| <b>6</b>               | $\frac{58}{5}$              | $\frac{63}{5}$              | $\frac{67}{4}$              | $\frac{70}{4}$ |                        |    |    |    |   |           |    |    |    |   |     |           |            |           | 18        | 64 | 70  |    |   |     |  |  |  |  |  |  |  |
| <b>5</b>               | $\frac{66}{4}$ <sub>2</sub> | $\frac{70}{4}$ <sub>2</sub> | $\frac{74}{4}$              |                |                        |    |    |    |   |           |    |    |    |   |     |           |            | 20        | 69        | 74 |     |    |   |     |  |  |  |  |  |  |  |
| <b>20</b>              | $\frac{75}{5}$ <sub>2</sub> | $\frac{80}{5}$ <sub>2</sub> | $\frac{83}{5}$ <sub>2</sub> |                |                        |    |    |    |   |           |    |    |    |   |     |           |            | 30        | 79        | 83 |     |    |   |     |  |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Freitag 16:00 Uhr</b>    |                             |                             |                |                        |    |    |    |   |           |    |    |    |   |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |           |    |     |    |   |     |  |  |  |  |  |  |  |
| <b>1</b>               | $\frac{65}{3}$ <sub>2</sub> | $\frac{69}{3}$ <sub>2</sub> | $\frac{73}{3}$              |                |                        |    |    |    |   |           |    |    |    |   |     |           |            | 15        | 68        | 73 |     |    |   |     |  |  |  |  |  |  |  |
| <b>3</b>               | $\frac{67}{4}$ <sub>2</sub> | $\frac{70}{4}$ <sub>2</sub> | $\frac{73}{4}$              | $\frac{76}{4}$ |                        |    |    |    |   |           |    |    |    |   |     |           |            | 24        | 71        | 76 |     |    |   |     |  |  |  |  |  |  |  |
| <b>14</b>              | $\frac{68}{5}$ <sub>2</sub> | $\frac{72}{5}$ <sub>2</sub> | $\frac{75}{5}$              |                |                        |    |    |    |   |           |    |    |    |   |     |           |            | 25        | 71        | 75 |     |    |   |     |  |  |  |  |  |  |  |
| <b>19</b>              | $\frac{67}{6}$ <sub>2</sub> | $\frac{70}{6}$ <sub>2</sub> | $\frac{73}{6}$              |                |                        |    |    |    |   |           |    |    |    |   |     |           |            | 30        | 69        | 73 |     |    |   |     |  |  |  |  |  |  |  |

Trainer:

IAT Leipzig/BVDG

WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:05/2017

| K1-7: 286Wh/74kg/21,1t |                             |                             |                             |                             | K1-5: 286Wh/74kg/21,1t |    |    |    |   | Bel.: h |    |    |    |   |     |  |  |  |  |        |           |            |           |    |     |    |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------|----|----|----|---|---------|----|----|----|---|-----|--|--|--|--|--------|-----------|------------|-----------|----|-----|----|----|----|----|-----|---|--|--|--|--|--|--|--|--|--|--|--|--|--|----|----|----|----|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| K1: 91                 |                             |                             |                             |                             | K2: 46                 |    |    |    |   | K3: 53  |    |    |    |   | K4: |  |  |  |  | K5: 96 |           |            |           |    | K6: |    |    |    |    | K7: |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1                      | 32                          | 76                          | 84                          | 3                           | 6                      | 28 | 68 | 75 | 4 | 13      | 27 | 76 | 80 | 4 |     |  |  |  |  |        |           |            |           |    |     |    | 19 | 68 | 75 | 82  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  | 20 | 28 | 83 | 88 | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3                      | 21                          | 75                          | 83                          | 3                           | 8                      | 18 | 52 | 58 | 3 | 14      | 26 | 76 | 80 | 3 |     |  |  |  |  |        |           |            |           |    |     |    |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Montag 16:00 Uhr</b>     |                             |                             |                             |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |     |    |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>1</b>               | $\frac{75}{4}$              | $\frac{78}{4}$              | $\frac{81}{3}$ <sub>2</sub> | $\frac{84}{3}$              |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 17 | 79  | 84 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>4</b>               | $\frac{65}{4}$              | $\frac{69}{4}$              | $\frac{72}{4}$              | $\frac{75}{4}$              | $\frac{78}{4}$         |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 20 | 72  | 78 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>13</b>              | $\frac{70}{5}$              | $\frac{75}{5}$ <sub>2</sub> | $\frac{78}{4}$ <sub>2</sub> | $\frac{80}{4}$              |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 27 | 76  | 80 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>19</b>              | $\frac{74}{5}$ <sub>2</sub> | $\frac{78}{4}$ <sub>2</sub> | $\frac{82}{4}$ <sub>2</sub> |                             |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 26 | 78  | 82 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Mittwoch 16:00 Uhr</b>   |                             |                             |                             |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |     |    |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>8</b>               | $\frac{45}{3}$              | $\frac{50}{3}$ <sub>2</sub> | $\frac{54}{3}$ <sub>2</sub> | $\frac{58}{3}$              |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 18 | 52  | 58 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>6</b>               | $\frac{63}{5}$ <sub>2</sub> | $\frac{66}{5}$              | $\frac{69}{5}$              | $\frac{72}{4}$              | $\frac{75}{4}$         |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 28 | 68  | 75 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>5</b>               | $\frac{70}{3}$              | $\frac{74}{3}$ <sub>2</sub> | $\frac{78}{3}$ <sub>2</sub> | $\frac{81}{3}$              |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 18 | 76  | 81 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>20</b>              | $\frac{75}{5}$              | $\frac{80}{5}$              | $\frac{85}{5}$ <sub>2</sub> | $\frac{88}{4}$ <sub>2</sub> |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 28 | 83  | 88 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Freitag 16:00 Uhr</b>    |                             |                             |                             |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |     |    |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>1</b>               | $\frac{69}{3}$ <sub>2</sub> | $\frac{73}{3}$ <sub>2</sub> | $\frac{76}{3}$              |                             |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 15 | 72  | 76 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>3</b>               | $\frac{70}{3}$ <sub>2</sub> | $\frac{74}{3}$ <sub>2</sub> | $\frac{77}{3}$              | $\frac{80}{3}$              | $\frac{83}{3}$         |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 21 | 75  | 83 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>14</b>              | $\frac{71}{5}$              | $\frac{75}{5}$ <sub>2</sub> | $\frac{78}{4}$ <sub>2</sub> | $\frac{80}{3}$              |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 26 | 76  | 80 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>19</b>              | $\frac{70}{7}$ <sub>2</sub> | $\frac{73}{7}$ <sub>2</sub> | $\frac{76}{7}$ <sub>2</sub> |                             |                        |    |    |    |   |         |    |    |    |   |     |  |  |  |  |        |           |            |           | 42 | 73  | 76 |    |    |    |     |   |  |  |  |  |  |  |  |  |  |  |  |  |  |    |    |    |    |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Trainer:

IAT Leipzig/BVDG

## WOCHENPLAN

**BVDG**BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:06/2017

| K1-7: 278Wh/70kg/19,6t |                             |                             |                             |                             | K1-5: 278Wh/70kg/19,6t |    |    |    |   | Bel.: h   |    |    |    |   |     |           |            |           |           |    |     |    |    |     |  |  |  |  |  |  |  |
|------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------|----|----|----|---|-----------|----|----|----|---|-----|-----------|------------|-----------|-----------|----|-----|----|----|-----|--|--|--|--|--|--|--|
| K1: 86                 |                             |                             |                             |                             | K2: 51                 |    |    |    |   | K3: 51    |    |    |    |   | K4: |           |            | K5: 90    |           |    | K6: |    |    | K7: |  |  |  |  |  |  |  |
| <b>1</b>               | 30                          | 75                          | 80                          | 3                           | <b>6</b>               | 24 | 67 | 72 | 4 | <b>13</b> | 24 | 73 | 77 | 4 |     |           |            |           | <b>19</b> | 60 | 71  | 78 | 4  |     |  |  |  |  |  |  |  |
| <b>3</b>               | 15                          | 75                          | 80                          | 3                           | <b>8</b>               | 27 | 50 | 55 | 4 | <b>14</b> | 27 | 73 | 77 | 4 |     |           |            |           | <b>20</b> | 30 | 81  | 86 | 5  |     |  |  |  |  |  |  |  |
| <b>4</b>               | 21                          | 69                          | 75                          | 4                           |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           |    |     |    |    |     |  |  |  |  |  |  |  |
| <b>5</b>               | 20                          | 72                          | 77                          | 4                           |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           |    |     |    |    |     |  |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Montag 16:00 Uhr</b>     |                             |                             |                             |                        |    |    |    |   |           |    |    |    |   |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |           |    |     |    |    |     |  |  |  |  |  |  |  |
| <b>1</b>               | $\frac{70}{3}$              | $\frac{75}{3}$ <sub>2</sub> | $\frac{77}{3}$ <sub>2</sub> | $\frac{80}{3}$              |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           | 18 | 76  | 80 |    |     |  |  |  |  |  |  |  |
| <b>4</b>               | $\frac{63}{5}$              | $\frac{66}{4}$              | $\frac{69}{4}$              | $\frac{72}{4}$              | $\frac{75}{4}$         |    |    |    |   |           |    |    |    |   |     |           |            |           |           |    | 21  | 69 | 75 |     |  |  |  |  |  |  |  |
| <b>13</b>              | $\frac{68}{5}$              | $\frac{71}{5}$              | $\frac{74}{5}$ <sub>2</sub> | $\frac{77}{4}$              |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           | 24 | 73  | 77 |    |     |  |  |  |  |  |  |  |
| <b>19</b>              | $\frac{72}{4}$ <sub>2</sub> | $\frac{75}{4}$ <sub>2</sub> | $\frac{78}{4}$ <sub>2</sub> |                             |                        |    |    |    |   |           |    |    |    |   |     |           |            |           | 24        | 75 | 78  |    |    |     |  |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Mittwoch 16:00 Uhr</b>   |                             |                             |                             |                        |    |    |    |   |           |    |    |    |   |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |           |    |     |    |    |     |  |  |  |  |  |  |  |
| <b>8</b>               | $\frac{45}{5}$              | $\frac{48}{5}$ <sub>2</sub> | $\frac{52}{4}$ <sub>2</sub> | $\frac{55}{4}$              |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           | 27 | 50  | 55 |    |     |  |  |  |  |  |  |  |
| <b>6</b>               | $\frac{63}{4}$ <sub>2</sub> | $\frac{66}{4}$ <sub>2</sub> | $\frac{69}{4}$              | $\frac{72}{4}$              |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           | 24 | 67  | 72 |    |     |  |  |  |  |  |  |  |
| <b>5</b>               | $\frac{65}{4}$              | $\frac{70}{4}$              | $\frac{74}{4}$ <sub>2</sub> | $\frac{77}{4}$              |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           | 20 | 72  | 77 |    |     |  |  |  |  |  |  |  |
| <b>20</b>              | $\frac{75}{5}$ <sub>2</sub> | $\frac{80}{5}$              | $\frac{83}{5}$              | $\frac{86}{5}$ <sub>2</sub> |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           | 30 | 81  | 86 |    |     |  |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Freitag 16:00 Uhr</b>    |                             |                             |                             |                        |    |    |    |   |           |    |    |    |   |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |           |    |     |    |    |     |  |  |  |  |  |  |  |
| <b>1</b>               | $\frac{70}{3}$              | $\frac{73}{3}$              | $\frac{76}{3}$ <sub>2</sub> |                             |                        |    |    |    |   |           |    |    |    |   |     |           |            |           | 12        | 74 | 76  |    |    |     |  |  |  |  |  |  |  |
| <b>3</b>               | $\frac{71}{3}$              | $\frac{74}{3}$ <sub>2</sub> | $\frac{77}{3}$              | $\frac{80}{3}$              |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           | 15 | 75  | 80 |    |     |  |  |  |  |  |  |  |
| <b>14</b>              | $\frac{68}{5}$              | $\frac{72}{5}$ <sub>2</sub> | $\frac{75}{4}$ <sub>2</sub> | $\frac{77}{4}$              |                        |    |    |    |   |           |    |    |    |   |     |           |            |           |           | 27 | 73  | 77 |    |     |  |  |  |  |  |  |  |
| <b>19</b>              | $\frac{64}{6}$ <sub>2</sub> | $\frac{68}{6}$ <sub>2</sub> | $\frac{72}{6}$ <sub>2</sub> |                             |                        |    |    |    |   |           |    |    |    |   |     |           |            |           | 36        | 68 | 72  |    |    |     |  |  |  |  |  |  |  |

Trainer:

IAT Leipzig/BVDG

WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:07/2017

| K1-7: 213Wh/73kg/15,6t |                    |                  |                |                  | K1-5: 213Wh/73kg/15,6t |        |    |    |     | Bel.: g   |        |    |     |     |           |    |    |    |   |  |  |
|------------------------|--------------------|------------------|----------------|------------------|------------------------|--------|----|----|-----|-----------|--------|----|-----|-----|-----------|----|----|----|---|--|--|
| K1: 73                 |                    |                  | K2: 28         |                  |                        | K3: 37 |    |    | K4: |           | K5: 75 |    | K6: | K7: |           |    |    |    |   |  |  |
| <b>1</b>               | 29                 | 76               | 82             | 3                | <b>6</b>               | 16     | 66 | 73 | 4   | <b>13</b> | 18     | 71 | 77  | 4   | <b>19</b> | 48 | 76 | 83 | 4 |  |  |
| <b>3</b>               | 15                 | 74               | 82             | 3                | <b>8</b>               | 12     | 50 | 55 | 3   | <b>14</b> | 19     | 71 | 77  | 3   | <b>20</b> | 27 | 85 | 90 | 4 |  |  |
| <b>4</b>               | 14                 | 68               | 75             | 3                |                        |        |    |    |     |           |        |    |     |     |           |    |    |    |   |  |  |
| <b>5</b>               | 15                 | 72               | 79             | 3                |                        |        |    |    |     |           |        |    |     |     |           |    |    |    |   |  |  |
| TÜ                     | Montag 16:00 Uhr   |                  |                |                  |                        |        |    |    |     |           |        |    | WH  | MHG | BW        |    |    |    |   |  |  |
| <b>1</b>               | $\frac{73}{4}$     | $\frac{76}{4}$   | $\frac{79}{3}$ | $\frac{82}{3}$   |                        |        |    |    |     |           |        |    | 14  | 77  | 82        |    |    |    |   |  |  |
| <b>4</b>               | $\frac{63}{4}$     | $\frac{67}{4}$   | $\frac{71}{3}$ | $\frac{75}{3}$   |                        |        |    |    |     |           |        |    | 14  | 68  | 75        |    |    |    |   |  |  |
| <b>13</b>              | $\frac{65}{5}$     | $\frac{69}{5}$   | $\frac{73}{4}$ | $\frac{77}{4}$   |                        |        |    |    |     |           |        |    | 18  | 71  | 77        |    |    |    |   |  |  |
| <b>19</b>              | $\frac{72}{4}$     | $\frac{75}{4}$   | $\frac{78}{4}$ | $\frac{81}{4}$   | $\frac{83_2}{4}$       |        |    |    |     |           |        | 24 | 79  | 83  |           |    |    |    |   |  |  |
| TÜ                     | Mittwoch 16:00 Uhr |                  |                |                  |                        |        |    |    |     |           |        |    | WH  | MHG | BW        |    |    |    |   |  |  |
| <b>8</b>               | $\frac{45}{3}$     | $\frac{48}{3}$   | $\frac{52}{3}$ | $\frac{55}{3}$   |                        |        |    |    |     |           |        |    | 12  | 50  | 55        |    |    |    |   |  |  |
| <b>6</b>               | $\frac{59}{4}$     | $\frac{64}{4}$   | $\frac{69}{4}$ | $\frac{73}{4}$   |                        |        |    |    |     |           |        |    | 16  | 66  | 73        |    |    |    |   |  |  |
| <b>5</b>               | $\frac{65}{3}$     | $\frac{69}{3}$   | $\frac{73}{3}$ | $\frac{76}{3}$   | $\frac{79}{3}$         |        |    |    |     |           |        | 15 | 72  | 79  |           |    |    |    |   |  |  |
| <b>20</b>              | $\frac{80_2}{5}$   | $\frac{84}{5}$   | $\frac{87}{4}$ | $\frac{90_2}{4}$ |                        |        |    |    |     |           | 27     | 85 | 90  |     |           |    |    |    |   |  |  |
| TÜ                     | Freitag 16:00 Uhr  |                  |                |                  |                        |        |    |    |     |           |        |    | WH  | MHG | BW        |    |    |    |   |  |  |
| <b>1</b>               | $\frac{72_2}{3}$   | $\frac{75_2}{3}$ | $\frac{78}{3}$ |                  |                        |        |    |    |     |           |        | 15 | 74  | 78  |           |    |    |    |   |  |  |
| <b>3</b>               | $\frac{66}{3}$     | $\frac{70}{3}$   | $\frac{74}{3}$ | $\frac{78}{3}$   | $\frac{82}{3}$         |        |    |    |     |           |        | 15 | 74  | 82  |           |    |    |    |   |  |  |
| <b>14</b>              | $\frac{65}{4}$     | $\frac{68}{4}$   | $\frac{71}{4}$ | $\frac{74}{4}$   | $\frac{77}{3}$         |        |    |    |     |           |        | 19 | 71  | 77  |           |    |    |    |   |  |  |
| <b>19</b>              | $\frac{71}{6}$     | $\frac{74_2}{6}$ | $\frac{77}{6}$ |                  |                        |        |    |    |     |           |        | 24 | 74  | 77  |           |    |    |    |   |  |  |

## WOCHENPLAN

**BVDG**BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:08/2017

| K1-7: 238Wh/76kg/18,1t |                             |                             |                             |                             | K1-5: 238Wh/76kg/18,1t |    |    |    |   | Bel.: h                     |                |    |    |   |           |            |           |  |  |           |    |    |    |   |     |    |    |    |  |     |  |  |  |  |  |  |
|------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------|----|----|----|---|-----------------------------|----------------|----|----|---|-----------|------------|-----------|--|--|-----------|----|----|----|---|-----|----|----|----|--|-----|--|--|--|--|--|--|
| K1: 74                 |                             |                             |                             |                             | K2: 43                 |    |    |    |   | K3: 48                      |                |    |    |   | K4:       |            |           |  |  | K5: 73    |    |    |    |   | K6: |    |    |    |  | K7: |  |  |  |  |  |  |
| <b>1</b>               | 24                          | 80                          | 88                          | 3                           | <b>6</b>               | 22 | 68 | 79 | 3 | <b>13</b>                   | 24             | 79 | 83 | 4 |           |            |           |  |  | <b>19</b> | 49 | 78 | 86 | 4 |     |    |    |    |  |     |  |  |  |  |  |  |
| <b>3</b>               | 15                          | 78                          | 86                          | 3                           | <b>8</b>               | 21 | 54 | 61 | 3 | <b>14</b>                   | 24             | 79 | 83 | 3 |           |            |           |  |  | <b>20</b> | 24 | 88 | 92 | 4 |     |    |    |    |  |     |  |  |  |  |  |  |
| <b>4</b>               | 18                          | 74                          | 81                          | 3                           |                        |    |    |    |   |                             |                |    |    |   |           |            |           |  |  |           |    |    |    |   |     |    |    |    |  |     |  |  |  |  |  |  |
| <b>5</b>               | 17                          | 77                          | 85                          | 3                           |                        |    |    |    |   |                             |                |    |    |   |           |            |           |  |  |           |    |    |    |   |     |    |    |    |  |     |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Montag 16:00 Uhr</b>     |                             |                             |                             |                        |    |    |    |   |                             |                |    |    |   | <b>WH</b> | <b>MHG</b> | <b>BW</b> |  |  |           |    |    |    |   |     |    |    |    |  |     |  |  |  |  |  |  |
| <b>1</b>               | $\frac{79}{3}$              | $\frac{82}{3}$              | $\frac{85}{3}$              | $\frac{88}{3}$              |                        |    |    |    |   |                             |                |    |    |   |           |            |           |  |  |           |    |    |    |   |     | 12 | 84 | 88 |  |     |  |  |  |  |  |  |
| <b>4</b>               | $\frac{69}{3}$ <sub>2</sub> | $\frac{72}{3}$              | $\frac{75}{3}$              | $\frac{78}{3}$              |                        |    |    |    |   | $\frac{81}{3}$              |                |    |    |   |           |            |           |  |  |           |    |    |    |   |     | 18 | 74 | 81 |  |     |  |  |  |  |  |  |
| <b>13</b>              | $\frac{76}{5}$ <sub>2</sub> | $\frac{80}{5}$ <sub>2</sub> | $\frac{83}{4}$              |                             |                        |    |    |    |   |                             |                |    |    |   |           |            |           |  |  |           |    |    |    |   | 24  | 79 | 83 |    |  |     |  |  |  |  |  |  |
| <b>19</b>              | $\frac{74}{4}$              | $\frac{77}{4}$              | $\frac{80}{4}$              | $\frac{83}{4}$              |                        |    |    |    |   | $\frac{86}{4}$ <sub>2</sub> |                |    |    |   |           |            |           |  |  |           |    |    |    |   |     | 24 | 81 | 86 |  |     |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Mittwoch 16:00 Uhr</b>   |                             |                             |                             |                        |    |    |    |   |                             |                |    |    |   | <b>WH</b> | <b>MHG</b> | <b>BW</b> |  |  |           |    |    |    |   |     |    |    |    |  |     |  |  |  |  |  |  |
| <b>8</b>               | $\frac{45}{4}$              | $\frac{50}{4}$              | $\frac{54}{4}$              | $\frac{58}{3}$ <sub>2</sub> |                        |    |    |    |   | $\frac{61}{3}$              |                |    |    |   |           |            |           |  |  |           |    |    |    |   |     | 21 | 54 | 61 |  |     |  |  |  |  |  |  |
| <b>6</b>               | $\frac{55}{4}$              | $\frac{60}{4}$              | $\frac{68}{4}$              | $\frac{73}{4}$              |                        |    |    |    |   | $\frac{77}{3}$              | $\frac{79}{3}$ |    |    |   |           |            |           |  |  |           |    |    |    |   |     | 22 | 68 | 79 |  |     |  |  |  |  |  |  |
| <b>5</b>               | $\frac{69}{4}$              | $\frac{74}{4}$              | $\frac{79}{3}$              | $\frac{82}{3}$              |                        |    |    |    |   | $\frac{85}{3}$              |                |    |    |   |           |            |           |  |  |           |    |    |    |   |     | 17 | 77 | 85 |  |     |  |  |  |  |  |  |
| <b>20</b>              | $\frac{80}{4}$              | $\frac{84}{4}$              | $\frac{87}{4}$              | $\frac{90}{4}$              |                        |    |    |    |   | $\frac{92}{4}$ <sub>2</sub> |                |    |    |   |           |            |           |  |  |           |    |    |    |   |     | 24 | 88 | 92 |  |     |  |  |  |  |  |  |
| <b>TÜ</b>              | <b>Freitag 16:00 Uhr</b>    |                             |                             |                             |                        |    |    |    |   |                             |                |    |    |   | <b>WH</b> | <b>MHG</b> | <b>BW</b> |  |  |           |    |    |    |   |     |    |    |    |  |     |  |  |  |  |  |  |
| <b>1</b>               | $\frac{74}{3}$              | $\frac{77}{3}$ <sub>2</sub> | $\frac{80}{3}$              |                             |                        |    |    |    |   |                             |                |    |    |   |           |            |           |  |  |           |    |    |    |   | 12  | 77 | 80 |    |  |     |  |  |  |  |  |  |
| <b>3</b>               | $\frac{70}{3}$              | $\frac{74}{3}$              | $\frac{78}{3}$              | $\frac{82}{3}$              |                        |    |    |    |   | $\frac{86}{3}$              |                |    |    |   |           |            |           |  |  |           |    |    |    |   |     | 15 | 78 | 86 |  |     |  |  |  |  |  |  |
| <b>14</b>              | $\frac{74}{5}$              | $\frac{78}{4}$ <sub>2</sub> | $\frac{81}{4}$ <sub>2</sub> | $\frac{83}{3}$              |                        |    |    |    |   |                             |                |    |    |   |           |            |           |  |  |           |    |    |    |   | 24  | 79 | 83 |    |  |     |  |  |  |  |  |  |
| <b>19</b>              | $\frac{71}{5}$              | $\frac{74}{5}$              | $\frac{77}{5}$ <sub>2</sub> | $\frac{80}{5}$              |                        |    |    |    |   |                             |                |    |    |   |           |            |           |  |  |           |    |    |    |   | 25  | 76 | 80 |    |  |     |  |  |  |  |  |  |



Trainer:

IAT Leipzig/BVDG

WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:09/2017

| K1-7: 220Wh/78kg/17,2t |                             |                             |                             |                             | K1-5: 220Wh/78kg/17,2t |        |    |    |     | Bel.: h   |        |           |            |           |    |    |           |    |    |    |   |  |  |
|------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------|--------|----|----|-----|-----------|--------|-----------|------------|-----------|----|----|-----------|----|----|----|---|--|--|
| K1: 72                 |                             |                             | K2: 33                      |                             |                        | K3: 52 |    |    | K4: |           | K5: 63 |           | K6:        | K7:       |    |    |           |    |    |    |   |  |  |
| <b>1</b>               | 24                          | 81                          | 90                          | 3                           | <b>6</b>               | 18     | 72 | 81 | 3   | <b>13</b> | 26     | 80        | 85         | 3         |    |    | <b>19</b> | 43 | 81 | 88 | 3 |  |  |
| <b>3</b>               | 15                          | 81                          | 91                          | 3                           | <b>8</b>               | 15     | 55 | 63 | 3   | <b>14</b> | 26     | 80        | 85         | 3         |    |    | <b>20</b> | 20 | 88 | 94 | 4 |  |  |
| <b>4</b>               | 18                          | 76                          | 84                          | 3                           |                        |        |    |    |     |           |        |           |            |           |    |    |           |    |    |    |   |  |  |
| <b>5</b>               | 15                          | 81                          | 89                          | 3                           |                        |        |    |    |     |           |        |           |            |           |    |    |           |    |    |    |   |  |  |
| <b>TÜ</b>              | Montag 16:00 Uhr            |                             |                             |                             |                        |        |    |    |     |           |        | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |    |           |    |    |    |   |  |  |
| <b>1</b>               | <u>78</u><br>3              | <u>82</u><br>3              | <u>86</u><br>3              | <u>90</u><br>3              |                        |        |    |    |     |           |        |           |            | 12        | 84 | 90 |           |    |    |    |   |  |  |
| <b>4</b>               | <u>68</u><br>3              | <u>72</u><br>3              | <u>76</u> <sub>2</sub><br>3 | <u>80</u><br>3              | <u>84</u><br>3         |        |    |    |     |           |        |           |            |           | 18 | 76 | 84        |    |    |    |   |  |  |
| <b>13</b>              | <u>76</u><br>5              | <u>79</u> <sub>2</sub><br>5 | <u>82</u> <sub>2</sub><br>4 | <u>85</u><br>3              |                        |        |    |    |     |           |        |           |            | 26        | 80 | 85 |           |    |    |    |   |  |  |
| <b>19</b>              | <u>75</u><br>3              | <u>80</u><br>3              | <u>83</u><br>3              | <u>86</u> <sub>2</sub><br>3 | <u>88</u><br>3         |        |    |    |     |           |        |           |            |           | 18 | 83 | 88        |    |    |    |   |  |  |
| <b>TÜ</b>              | Mittwoch 16:00 Uhr          |                             |                             |                             |                        |        |    |    |     |           |        | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |    |           |    |    |    |   |  |  |
| <b>8</b>               | <u>47</u><br>3              | <u>51</u><br>3              | <u>55</u><br>3              | <u>59</u><br>3              | <u>63</u><br>3         |        |    |    |     |           |        |           |            |           | 15 | 55 | 63        |    |    |    |   |  |  |
| <b>6</b>               | <u>65</u><br>4              | <u>69</u><br>4              | <u>73</u><br>4              | <u>77</u><br>3              | <u>81</u><br>3         |        |    |    |     |           |        |           |            |           | 18 | 72 | 81        |    |    |    |   |  |  |
| <b>5</b>               | <u>73</u><br>3              | <u>77</u><br>3              | <u>81</u><br>3              | <u>85</u><br>3              | <u>89</u><br>3         |        |    |    |     |           |        |           |            |           | 15 | 81 | 89        |    |    |    |   |  |  |
| <b>20</b>              | <u>82</u><br>4              | <u>85</u><br>4              | <u>88</u><br>4              | <u>91</u><br>4              | <u>94</u><br>4         |        |    |    |     |           |        |           |            |           | 20 | 88 | 94        |    |    |    |   |  |  |
| <b>TÜ</b>              | Freitag 16:00 Uhr           |                             |                             |                             |                        |        |    |    |     |           |        | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |    |           |    |    |    |   |  |  |
| <b>1</b>               | <u>74</u><br>3              | <u>77</u> <sub>2</sub><br>3 | <u>80</u><br>3              |                             |                        |        |    |    |     |           |        |           |            | 12        | 77 | 80 |           |    |    |    |   |  |  |
| <b>3</b>               | <u>71</u><br>3              | <u>76</u><br>3              | <u>81</u><br>3              | <u>86</u><br>3              | <u>91</u><br>3         |        |    |    |     |           |        |           |            |           | 15 | 81 | 91        |    |    |    |   |  |  |
| <b>14</b>              | <u>74</u><br>5              | <u>77</u><br>5              | <u>80</u><br>5              | <u>83</u> <sub>2</sub><br>4 | <u>85</u><br>3         |        |    |    |     |           |        |           |            |           | 26 | 80 | 85        |    |    |    |   |  |  |
| <b>19</b>              | <u>75</u> <sub>2</sub><br>5 | <u>80</u><br>5              | <u>82</u> <sub>2</sub><br>5 |                             |                        |        |    |    |     |           |        |           |            | 25        | 79 | 82 |           |    |    |    |   |  |  |

Trainer:

IAT Leipzig/BVDG

## WOCHENPLAN

**BVDG**BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:10/2017

| K1-7: 186Wh/73kg/13,7t |                    |                |                |                | K1-5: 186Wh/73kg/13,7t |                |    |    |     | Bel.: g   |        |           |            |           |  |  |           |    |    |    |   |  |  |
|------------------------|--------------------|----------------|----------------|----------------|------------------------|----------------|----|----|-----|-----------|--------|-----------|------------|-----------|--|--|-----------|----|----|----|---|--|--|
| K1: 66                 |                    |                | K2: 30         |                |                        | K3: 38         |    |    | K4: |           | K5: 52 |           | K6:        | K7:       |  |  |           |    |    |    |   |  |  |
| <b>1</b>               | 18                 | 77             | 87             | 3              | <b>6</b>               | 15             | 69 | 78 | 3   | <b>13</b> | 19     | 75        | 81         | 3         |  |  | <b>19</b> | 35 | 76 | 84 | 3 |  |  |
| <b>3</b>               | 18                 | 75             | 87             | 3              | <b>8</b>               | 15             | 50 | 59 | 3   | <b>14</b> | 19     | 75        | 81         | 3         |  |  | <b>20</b> | 17 | 83 | 90 | 3 |  |  |
| <b>4</b>               | 15                 | 71             | 80             | 3              |                        |                |    |    |     |           |        |           |            |           |  |  |           |    |    |    |   |  |  |
| <b>5</b>               | 15                 | 75             | 84             | 3              |                        |                |    |    |     |           |        |           |            |           |  |  |           |    |    |    |   |  |  |
| <b>TÜ</b>              | Montag 16:00 Uhr   |                |                |                |                        |                |    |    |     |           |        | <b>WH</b> | <b>MHG</b> | <b>BW</b> |  |  |           |    |    |    |   |  |  |
| <b>1</b>               | <u>67</u><br>3     | <u>71</u><br>3 | <u>75</u><br>3 | <u>79</u><br>3 | <u>83</u><br>3         | <u>87</u><br>3 |    |    |     |           |        | 18        | 77         | 87        |  |  |           |    |    |    |   |  |  |
| <b>4</b>               | <u>62</u><br>3     | <u>67</u><br>3 | <u>72</u><br>3 | <u>76</u><br>3 | <u>80</u><br>3         |                |    |    |     |           |        | 15        | 71         | 80        |  |  |           |    |    |    |   |  |  |
| <b>13</b>              | <u>69</u><br>4     | <u>72</u><br>4 | <u>75</u><br>4 | <u>78</u><br>4 | <u>81</u><br>3         |                |    |    |     |           |        | 19        | 75         | 81        |  |  |           |    |    |    |   |  |  |
| <b>19</b>              | <u>76</u><br>3     | <u>78</u><br>3 | <u>80</u><br>3 | <u>82</u><br>3 | <u>84</u><br>3         |                |    |    |     |           |        | 15        | 80         | 84        |  |  |           |    |    |    |   |  |  |
| <b>TÜ</b>              | Mittwoch 16:00 Uhr |                |                |                |                        |                |    |    |     |           |        | <b>WH</b> | <b>MHG</b> | <b>BW</b> |  |  |           |    |    |    |   |  |  |
| <b>6</b>               | <u>60</u><br>3     | <u>65</u><br>3 | <u>70</u><br>3 | <u>74</u><br>3 | <u>78</u><br>3         |                |    |    |     |           |        | 15        | 69         | 78        |  |  |           |    |    |    |   |  |  |
| <b>5</b>               | <u>65</u><br>3     | <u>70</u><br>3 | <u>75</u><br>3 | <u>80</u><br>3 | <u>84</u><br>3         |                |    |    |     |           |        | 15        | 75         | 84        |  |  |           |    |    |    |   |  |  |
| <b>20</b>              | <u>75</u><br>4     | <u>80</u><br>4 | <u>84</u><br>3 | <u>88</u><br>3 | <u>90</u><br>3         |                |    |    |     |           |        | 17        | 83         | 90        |  |  |           |    |    |    |   |  |  |
| <b>TÜ</b>              | Freitag 16:00 Uhr  |                |                |                |                        |                |    |    |     |           |        | <b>WH</b> | <b>MHG</b> | <b>BW</b> |  |  |           |    |    |    |   |  |  |
| <b>8</b>               | <u>41</u><br>3     | <u>46</u><br>3 | <u>51</u><br>3 | <u>55</u><br>3 | <u>59</u><br>3         |                |    |    |     |           |        | 15        | 50         | 59        |  |  |           |    |    |    |   |  |  |
| <b>3</b>               | <u>63</u><br>3     | <u>68</u><br>3 | <u>73</u><br>3 | <u>78</u><br>3 | <u>83</u><br>3         | <u>87</u><br>3 |    |    |     |           |        | 18        | 75         | 87        |  |  |           |    |    |    |   |  |  |
| <b>14</b>              | <u>69</u><br>4     | <u>72</u><br>4 | <u>75</u><br>4 | <u>78</u><br>4 | <u>81</u><br>3         |                |    |    |     |           |        | 19        | 75         | 81        |  |  |           |    |    |    |   |  |  |
| <b>19</b>              | <u>69</u><br>4     | <u>72</u><br>4 | <u>74</u><br>4 | <u>76</u><br>4 | <u>78</u><br>4         |                |    |    |     |           |        | 20        | 74         | 78        |  |  |           |    |    |    |   |  |  |

Trainer:

IAT Leipzig/BVDG

WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:11/2017

| K1-7: 156Wh/77kg/12,1t |                           |                |                |                | K1-5: 156Wh/77kg/12,1t |                |    |    |     | Bel.: h   |        |    |     |           |            |           |    |    |    |    |    |    |
|------------------------|---------------------------|----------------|----------------|----------------|------------------------|----------------|----|----|-----|-----------|--------|----|-----|-----------|------------|-----------|----|----|----|----|----|----|
| K1: 49                 |                           |                | K2: 35         |                |                        | K3: 36         |    |    | K4: |           | K5: 36 |    | K6: | K7:       |            |           |    |    |    |    |    |    |
| <b>1</b>               | 27                        | 80             | 92             | 3              | <b>6</b>               | 15             | 75 | 83 | 3   | <b>13</b> | 18     | 80 | 88  | 3         | <b>19</b>  | 18        | 82 | 91 | 3  |    |    |    |
| <b>3</b>               | 22                        | 81             | 93             | 2              | <b>8</b>               | 20             | 53 | 64 | 3   | <b>14</b> | 18     | 80 | 86  | 3         | <b>20</b>  | 18        | 89 | 97 | 3  |    |    |    |
| <b>TÜ</b>              | <b>Montag 16:00 Uhr</b>   |                |                |                |                        |                |    |    |     |           |        |    |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |    |    |    |    |    |
| <b>1</b>               | $\frac{75}{3}$            | $\frac{80}{3}$ | $\frac{85}{3}$ | $\frac{89}{3}$ | $\frac{92}{3}$         |                |    |    |     |           |        |    |     |           |            |           |    |    | 15 | 84 | 92 |    |
| <b>3</b>               | $\frac{72}{2}$            | $\frac{75}{2}$ | $\frac{78}{2}$ |                |                        |                |    |    |     |           |        |    |     |           |            |           | 12 | 75 | 78 |    |    |    |
| <b>20</b>              | $\frac{79}{3}$            | $\frac{83}{3}$ | $\frac{87}{3}$ | $\frac{91}{3}$ | $\frac{94}{3}$         | $\frac{97}{3}$ |    |    |     |           |        |    |     |           |            |           |    |    |    | 18 | 89 | 97 |
| <b>TÜ</b>              | <b>Mittwoch 16:00 Uhr</b> |                |                |                |                        |                |    |    |     |           |        |    |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |    |    |    |    |    |
| <b>8</b>               | $\frac{44}{4}$            | $\frac{48}{4}$ | $\frac{52}{3}$ | $\frac{56}{3}$ | $\frac{60}{3}$         | $\frac{64}{3}$ |    |    |     |           |        |    |     |           |            |           |    |    |    | 20 | 53 | 64 |
| <b>6</b>               | $\frac{67}{3}$            | $\frac{71}{3}$ | $\frac{75}{3}$ | $\frac{79}{3}$ | $\frac{83}{3}$         |                |    |    |     |           |        |    |     |           |            |           |    |    | 15 | 75 | 83 |    |
| <b>13</b>              | $\frac{72}{3}$            | $\frac{75}{3}$ | $\frac{78}{3}$ | $\frac{82}{3}$ | $\frac{85}{3}$         | $\frac{88}{3}$ |    |    |     |           |        |    |     |           |            |           |    |    |    | 18 | 80 | 88 |
| <b>19</b>              | $\frac{73}{3}$            | $\frac{78}{3}$ | $\frac{83}{3}$ | $\frac{87}{3}$ | $\frac{91}{3}$         |                |    |    |     |           |        |    |     |           |            |           |    |    | 18 | 82 | 91 |    |
| <b>TÜ</b>              | <b>Freitag 16:00 Uhr</b>  |                |                |                |                        |                |    |    |     |           |        |    |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |    |    |    |    |    |    |
| <b>1</b>               | $\frac{70}{2}$            | $\frac{75}{2}$ | $\frac{80}{2}$ |                |                        |                |    |    |     |           |        |    |     |           |            |           | 12 | 75 | 80 |    |    |    |
| <b>3</b>               | $\frac{83}{2}$            | $\frac{86}{2}$ | $\frac{89}{2}$ | $\frac{91}{2}$ | $\frac{93}{2}$         |                |    |    |     |           |        |    |     |           |            |           |    |    | 10 | 88 | 93 |    |
| <b>14</b>              | $\frac{74}{3}$            | $\frac{78}{3}$ | $\frac{82}{3}$ | $\frac{86}{3}$ |                        |                |    |    |     |           |        |    |     |           |            |           |    | 18 | 80 | 86 |    |    |

Trainer:

IAT Leipzig/BVDG

WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:12/2017

| K1-7: 133Wh/80kg/10,7t |                           |                |                |                |                 | K1-5: 133Wh/80kg/10,7t |    |    |     |   |           | Bel.: m |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  |    |    |     |
|------------------------|---------------------------|----------------|----------------|----------------|-----------------|------------------------|----|----|-----|---|-----------|---------|----|----|-----|-----------|------------|-----------|--|--|--|-----------|----|----|----|---|--|--|--|--|--|--|-----------|----|----|-----|---|--|--|----|----|-----|
| K1: 40                 |                           |                | K2: 30         |                |                 | K3: 30                 |    |    | K4: |   |           | K5: 33  |    |    | K6: |           |            | K7:       |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  |    |    |     |
| <b>1</b>               | 22                        | 85             | 95             | 2              |                 | <b>6</b>               | 15 | 75 | 85  | 3 | <b>13</b> | 15      | 81 | 90 | 3   |           |            |           |  |  |  | <b>19</b> | 18 | 85 | 93 | 3 |  |  |  |  |  |  | <b>20</b> | 15 | 90 | 100 | 3 |  |  |    |    |     |
| <b>3</b>               | 18                        | 85             | 95             | 2              |                 | <b>8</b>               | 15 | 56 | 65  | 3 | <b>14</b> | 15      | 81 | 90 | 3   |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  |    |    |     |
| <b>TÜ</b>              | <b>Montag 16:00 Uhr</b>   |                |                |                |                 |                        |    |    |     |   |           |         |    |    |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  |    |    |     |
| <b>1</b>               | $\frac{79}{2}$            | $\frac{82}{2}$ | $\frac{85}{2}$ | $\frac{82}{2}$ | $\frac{85}{2}$  |                        |    |    |     |   |           |         |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  | 12 | 82 | 85  |
| <b>3</b>               | $\frac{77}{2}$            | $\frac{81}{2}$ | $\frac{84}{2}$ | $\frac{81}{2}$ | $\frac{84}{2}$  |                        |    |    |     |   |           |         |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  | 8  | 80 | 84  |
| <b>20</b>              | $\frac{80}{3}$            | $\frac{85}{3}$ | $\frac{90}{3}$ | $\frac{95}{3}$ | $\frac{100}{3}$ |                        |    |    |     |   |           |         |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  | 15 | 90 | 100 |
| <b>TÜ</b>              | <b>Mittwoch 16:00 Uhr</b> |                |                |                |                 |                        |    |    |     |   |           |         |    |    |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  |    |    |     |
| <b>8</b>               | $\frac{46}{3}$            | $\frac{51}{3}$ | $\frac{56}{3}$ | $\frac{61}{3}$ | $\frac{65}{3}$  |                        |    |    |     |   |           |         |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  | 15 | 56 | 65  |
| <b>6</b>               | $\frac{65}{3}$            | $\frac{70}{3}$ | $\frac{75}{3}$ | $\frac{80}{3}$ | $\frac{85}{3}$  |                        |    |    |     |   |           |         |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  | 15 | 75 | 85  |
| <b>13</b>              | $\frac{72}{3}$            | $\frac{77}{3}$ | $\frac{82}{3}$ | $\frac{86}{3}$ | $\frac{90}{3}$  |                        |    |    |     |   |           |         |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  | 15 | 81 | 90  |
| <b>TÜ</b>              | <b>Freitag 16:00 Uhr</b>  |                |                |                |                 |                        |    |    |     |   |           |         |    |    |     | <b>WH</b> | <b>MHG</b> | <b>BW</b> |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  |    |    |     |
| <b>1</b>               | $\frac{82}{2}$            | $\frac{86}{2}$ | $\frac{89}{2}$ | $\frac{92}{2}$ | $\frac{95}{2}$  |                        |    |    |     |   |           |         |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  | 10 | 89 | 95  |
| <b>3</b>               | $\frac{84}{2}$            | $\frac{87}{2}$ | $\frac{90}{2}$ | $\frac{93}{2}$ | $\frac{95}{2}$  |                        |    |    |     |   |           |         |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  | 10 | 90 | 95  |
| <b>14</b>              | $\frac{72}{3}$            | $\frac{77}{3}$ | $\frac{82}{3}$ | $\frac{86}{3}$ | $\frac{90}{3}$  |                        |    |    |     |   |           |         |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  | 15 | 81 | 90  |
| <b>19</b>              | $\frac{80}{3}$            | $\frac{85}{3}$ | $\frac{89}{3}$ | $\frac{93}{3}$ | $\frac{93}{3}$  |                        |    |    |     |   |           |         |    |    |     |           |            |           |  |  |  |           |    |    |    |   |  |  |  |  |  |  |           |    |    |     |   |  |  | 18 | 85 | 93  |

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WOCHENPLAN



**BVDG**

BUNDESVERBAND  
DEUTSCHER GEWICHTHEBER

Schüler Verein u15 Musterplan

Woche:13/2017

| K1-7: 77Wh/81kg/6,3t |                             | K1-5: 77Wh/81kg/6,3t        |                             |                | Bel.: g        |                 | HWK |           |            |     |  |           |            |           |
|----------------------|-----------------------------|-----------------------------|-----------------------------|----------------|----------------|-----------------|-----|-----------|------------|-----|--|-----------|------------|-----------|
| K1: 31               |                             | K2:                         |                             | K3: 31         |                | K4:             |     | K5: 15    |            | K6: |  | K7:       |            |           |
| <b>1</b>             | 15 82 100 1                 |                             |                             | <b>13</b>      | 16 78 85 3     |                 |     | <b>19</b> | 15 85 95 3 |     |  |           |            |           |
| <b>3</b>             | 16 82 100 1                 |                             |                             | <b>14</b>      | 15 79 85 3     |                 |     |           |            |     |  |           |            |           |
| <b>TÜ</b>            | <b>Montag 16:00 Uhr</b>     |                             |                             |                |                |                 |     |           |            |     |  | <b>WH</b> | <b>MHG</b> | <b>BW</b> |
| <b>3</b>             | $\frac{74}{2}$ <sub>2</sub> | $\frac{78}{2}$ <sub>2</sub> | $\frac{82}{2}$ <sub>2</sub> |                |                |                 |     |           |            |     |  | 10        | 77         | 82        |
| <b>14</b>            | $\frac{73}{3}$              | $\frac{76}{3}$              | $\frac{79}{3}$              | $\frac{82}{3}$ | $\frac{85}{3}$ |                 |     |           |            |     |  | 15        | 79         | 85        |
| <b>19</b>            | $\frac{75}{3}$              | $\frac{80}{3}$              | $\frac{85}{3}$              | $\frac{90}{3}$ | $\frac{95}{3}$ |                 |     |           |            |     |  | 15        | 85         | 95        |
| <b>TÜ</b>            | <b>Dienstag 16:00 Uhr</b>   |                             |                             |                |                |                 |     |           |            |     |  | <b>WH</b> | <b>MHG</b> | <b>BW</b> |
| <b>1</b>             | $\frac{68}{2}$              | $\frac{73}{2}$              | $\frac{78}{2}$              | $\frac{81}{2}$ |                |                 |     |           |            |     |  | 8         | 75         | 81        |
| <b>13</b>            | $\frac{70}{4}$              | $\frac{75}{3}$              | $\frac{80}{3}$              | $\frac{83}{3}$ | $\frac{85}{3}$ |                 |     |           |            |     |  | 16        | 78         | 85        |
| <b>TÜ</b>            | <b>Donnerstag 16:00 Uhr</b> |                             |                             |                |                |                 |     |           |            |     |  | <b>WH</b> | <b>MHG</b> | <b>BW</b> |
|                      | Hantelgymnastik             |                             |                             |                |                |                 |     |           |            |     |  |           |            |           |
| <b>TÜ</b>            | <b>Samstag 16:00 Uhr</b>    |                             |                             |                |                |                 |     |           |            |     |  | <b>WH</b> | <b>MHG</b> | <b>BW</b> |
| <b>1</b>             | $\frac{80}{1}$              | $\frac{85}{1}$              | $\frac{90}{1}$ <sub>2</sub> | $\frac{94}{1}$ | $\frac{98}{1}$ | $\frac{100}{1}$ |     |           |            |     |  | 7         | 91         | 100       |
| <b>3</b>             | $\frac{80}{1}$              | $\frac{84}{1}$              | $\frac{88}{1}$              | $\frac{93}{1}$ | $\frac{97}{1}$ | $\frac{100}{1}$ |     |           |            |     |  | 6         | 90         | 100       |