

# Saison hivernale CAEG 2010/2011

## Mettelstrecken

Jour	Date		Jour	Date		Jour	Date		Jour	Date		
Mardi	01/11/11	Training Piste	Jeudi	01/12/11	Training Piste	<b>Dimanche</b>	01/01/12		Mercredi	01/02/12		∩
Mercredi	02/11/11		Vendredi	02/12/11		Lundi	02/01/12		Jeudi	02/02/12	Training Piste	∩
Jeudi	03/11/11	Training Piste	Samedi	03/12/11		Mardi	03/01/12	Hallen Training	Vendredi	03/02/12		§
Vendredi	04/11/11		<b>Dimanche</b>	04/12/11	Cross Training	Mercredi	04/01/12		Samedi	04/02/12	Meeting inter.	∩
Samedi	05/11/11	Cross Training	Lundi	05/12/11		Jeudi	05/01/12	Training Piste	<b>Dimanche</b>	05/02/12	Cross Training	L
<b>Dimanche</b>	06/11/11		Mardi	06/12/11	Hallen Training	Vendredi	06/01/12		Lundi	06/02/12		∩
Lundi	07/11/11		Mercredi	07/12/11		Samedi	07/01/12	Meeting regional	Mardi	07/02/12	Hallen Training	∩
Mardi	08/11/11	Hallen Training	Jeudi	08/12/11	Training Piste	<b>Dimanche</b>	08/01/12	Cross CAB	Mercredi	08/02/12		∩
Mercredi	09/11/11		Vendredi	09/12/11		Lundi	09/01/12		Jeudi	09/02/12	Training Piste	∩
Jeudi	10/11/11	Training Piste	Samedi	10/12/11		Mardi	10/01/12	Hallen Training	Vendredi	10/02/12		§
Vendredi	11/11/11		<b>Dimanche</b>	11/12/11	Cross FOLA	Mercredi	11/01/12		Samedi	11/02/12	Saar_Lor_Lux	∩
Samedi	12/11/11		Lundi	12/12/11		Jeudi	12/01/12	Training Piste	<b>Dimanche</b>	12/02/12	Cross Celtic	L
<b>Dimanche</b>	13/11/11	Cross RBUAP	Mardi	13/12/11	Hallen Training	Vendredi	13/01/12		Lundi	13/02/12		∩
Lundi	14/11/11		Mercredi	14/12/11		Samedi	14/01/12	Meeting regional Champ. 4x200m	Mardi	14/02/12	Hallen Training	∩
Mardi	15/11/11	Hallen Training	Jeudi	15/12/11	Training Piste	<b>Dimanche</b>	15/01/12	Cross Training	Mercredi	15/02/12		∩
Mercredi	16/11/11		Vendredi	16/12/11	Laf Meeting	Lundi	16/01/12		Jeudi	16/02/12	Training Piste	∩
Jeudi	17/11/11	Training Piste	Samedi	17/12/11		Mardi	17/01/12	Hallen Training	Vendredi	17/02/12		§
Vendredi	18/11/11		<b>Dimanche</b>	18/12/11	Cross Training	Mercredi	18/01/12		Samedi	18/02/12		∩
Samedi	19/11/11	Cross Training	Lundi	19/12/11		Jeudi	19/01/12	Training Piste	<b>Dimanche</b>	19/02/12	Cross Training	L
<b>Dimanche</b>	20/11/11		Mardi	20/12/11	Training Piste	Vendredi	20/01/12		Lundi	20/02/12		∩
Lundi	21/11/11		Mercredi	21/12/11		Samedi	21/01/12	Meeting regional	Mardi	21/02/12	Training Piste	∩
Mardi	22/11/11	Hallen Training	Jeudi	22/12/11	Training Piste	<b>Dimanche</b>	22/01/12	Cross CAD	Mercredi	22/02/12		∩
Mercredi	23/11/11		Vendredi	23/12/11		Lundi	23/01/12		Jeudi	23/02/12	Training Piste	∩
Jeudi	24/11/11	Training Piste	Samedi	24/12/11	Cross Training	Mardi	24/01/12	Hallen Training	Vendredi	24/02/12		§
Vendredi	25/11/11		<b>Dimanche</b>	25/12/11		Mercredi	25/01/12		Samedi	25/02/12		∩
Samedi	26/11/11		Lundi	26/12/11		Jeudi	26/01/12	Training Piste	<b>Dimanche</b>	26/02/12	Cross Training	L
<b>Dimanche</b>	27/11/11	Cross CSL	Mardi	27/12/11	Training Piste	Vendredi	27/01/12		Lundi	27/02/12		∩
Lundi	28/11/11		Mercredi	28/12/11		Samedi	28/01/12	Champ. Indoor	Mardi	28/02/12		∩
Mardi	29/11/11		Jeudi	29/12/11	Training Piste	<b>Dimanche</b>	29/01/12	Cross Training	Mercredi	29/02/12		∩
Mercredi	30/11/11		Vendredi	30/12/11		Lundi	30/01/12					∩
			Samedi	31/12/11		Mardi	31/01/12	Hallen Training				§

- 1) Ufank Training Densdes: 18h00 - 30' Lafen - durno um 18h30 Hallentraining
- 2) Ufank Training op der Piste Donneschdes: 18h00
- 3) Ufank Cross Training Samdses: 15h00 Foescht
- 4) Ufank Cross Training Sondes: 10h00 Foescht
- 5) Ännerungen sinn emmer méiglech