

Meetings + Entraînement estival 2019 -- Catégorie : Débutant(e)s

| Avril | | Mai | | Juin | | Juillet | | Août | | Septembre | | | | |
|-------|-------------------|-----|-------------------|----------|---------------------|----------|----------|----------------------|----------|-----------|----------|--------------------|-------------------|--|
| 1 | | 1 | | 1 | Samedi | 1 | | 1 | Training | Stade | 1 | TAGEBLATT 7 - CAEG | | |
| 2 | Training | 2 | Training | 2 | TAGEBLATT 4 - RBUAP | 2 | Training | 2 | | | 2 | | | |
| 3 | | 3 | | 3 | | 3 | | 3 | Samedi | | 3 | Training | Stade | |
| 4 | Training | 4 | TAGEBLATT 2 - CSL | 4 | Training | 4 | Training | 4 | Dimanche | | 4 | | | |
| 5 | | 5 | Dimanche | 5 | | 5 | | 5 | | | 5 | Training | Stade | |
| 6 | Samedi | | 6 | | 6 | Training | 6 | TAGEBLATT 6 - CELTIC | 6 | Training | 6 | Training | Stade | |
| 7 | Dimanche | | 7 | Training | 7 | | 7 | Dimanche | 7 | | 7 | Samedi | | |
| 8 | | 8 | | 8 | Samedi | | 8 | | 8 | Training | 8 | Dimanche | | |
| 9 | Training | 9 | Training | 9 | Dimanche | | 9 | Training | 9 | | 9 | | | |
| 10 | | 10 | | 10 | | 10 | | 10 | Samedi | | 10 | Training | Stade | |
| 11 | Training | 11 | Samedi | | 11 | Training | 11 | Training | 11 | Dimanche | | 11 | | |
| 12 | | 12 | Dimanche | | 12 | | 12 | | 12 | | 12 | Training | Stade | |
| 13 | Samedi | | 13 | | 13 | Training | 13 | Samedi | | 13 | Training | 13 | | |
| 14 | Dimanche | | 14 | Training | 14 | | 14 | Dimanche | | 14 | | 14 | Samedi | |
| 15 | | 15 | | 15 | Samedi | | 15 | | 15 | Training | 15 | Dimanche | | |
| 16 | Training | 16 | Training | 16 | Dimanche | | 16 | Training | 16 | | 16 | | | |
| 17 | | 17 | | 17 | | 17 | | 17 | Samedi | | 17 | Training | Stade | |
| 18 | Training | 18 | TAGEBLATT 3 - CAB | 18 | Training | 18 | Training | 18 | Dimanche | | 18 | | | |
| 19 | | 19 | Dimanche | 19 | | 19 | | 19 | | | 19 | Training | Stade | |
| 20 | Samedi | | 20 | | 20 | Training | 20 | Samedi | | 20 | Training | 20 | | |
| 21 | Dimanche | | 21 | Training | 21 | | 21 | Dimanche | | 21 | | 21 | TAGEBLATT 8 - CAS | |
| 22 | | 22 | | 22 | Samedi | | 22 | | 22 | Training | 22 | Dimanche | | |
| 23 | Training | 23 | Training | 23 | Dimanche | | 23 | Training | 23 | | 23 | | | |
| 24 | | 24 | | 24 | | 24 | | 24 | Samedi | | 24 | Training | Stade | |
| 25 | Training | 25 | Samedi | | 25 | Training | 25 | Training | 25 | Dimanche | | 25 | | |
| 26 | | 26 | Dimanche | | 26 | | 26 | | 26 | | 26 | Training | Stade | |
| 27 | TAGEBLATT 1 - CAD | 27 | | 27 | Training | 27 | Samedi | | 27 | Training | 27 | | | |
| 28 | Dimanche | | 28 | Training | 28 | | 28 | Dimanche | | 28 | | 28 | Samedi | |
| 29 | | 29 | | 29 | TAGEBLATT 5 - CAPA | 29 | | 29 | Training | 29 | Training | 29 | Dimanche | |
| 30 | Training | 30 | Training | 30 | Dimanche | | 30 | Training | 30 | | 30 | | | |
| | | 31 | | 31 | | 31 | | 31 | Samedi | | 31 | | | |

Tout(e)s les athlètes sont priés de participer **régulièrement** aux entraînements.

Mardi + Jeudi de 17.00 à 18.30 hrs

Entraîneur: René Kummer

GSM : 00352 621 36 34 55

Email : kummerr@pt.lu

Les participations aux meetings Tageblatt sont souhaitées !!!!

1 Sprint + 800/1000m + Saut hauteur/longueur + Lancer Balle = sont obligatoire pour le Classement final

Entraîneur: Daniel WEBER

GSM : 00352 661 779 331

Email : danielweber@pt.lu

Tout changement de ce programme sera annoncé à temps utile aux athlètes