

Trainingsplan GLABÜ Turnfest 2022

| Montag | | | | Dienstag | | | Mittwoch | | | | Freitag | | | |
|--|--------------------------------|---------------|---------|------------|---------------|---------|------------|--------------------------------|-----------|---------|------------|--------------------------------|---------|---------------|
| Datum | Zeit | Halle 1 | Halle 2 | Datum | Zeit | Halle 1 | Datum | Zeit | Halle 1 | Halle 2 | Datum | Zeit | Halle 1 | Halle 2 |
| 14.02.2022 | 19.30 - 20.30 20.30 - 22.00 | SSB | | 15.02.2022 | 19.00 - 20.30 | VB (H) | 16.02.2022 | 20.00 - 21.00 21.00 - 22.00 | UH | | 18.02.2022 | 20.00 - 21.00 21.00 - 22.00 | | |
| 21.02.2022 | 19.30 - 20.30 20.30 - 22.00 | SSB | | 22.02.2022 | 19.00 - 20.30 | VB (H) | 23.02.2022 | 20.00 - 21.00 21.00 - 22.00 | UH | | 25.02.2022 | 20.00 - 21.00 21.00 - 22.00 | | |
| 28.02.2022 | 19.30 - 20.30 20.30 - 22.00 | SSB | | 01.03.2022 | 19.00 - 20.30 | VB (H) | 02.03.2022 | 20.00 - 21.00 21.00 - 22.00 | UH | | 04.03.2022 | 20.00 - 21.00 21.00 - 22.00 | | |
| 07.03.2022 | 19.30 - 20.30 20.30 - 22.00 | SSB | | 08.03.2022 | 19.00 - 20.30 | VB (H) | 09.03.2022 | 20.00 - 21.00 21.00 - 22.00 | UH | | 11.03.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | |
| 14.03.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | | 15.03.2022 | 19.00 - 20.30 | VB (H) | 16.03.2022 | 20.00 - 21.00 21.00 - 22.00 | UH | | 18.03.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU |
| 21.03.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | | 22.03.2022 | 19.00 - 20.30 | VB (H) | 23.03.2022 | 20.00 - 21.00 21.00 - 22.00 | UH | | 25.03.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/ PS80 |
| 26.03.2022 ATV Unihockeyturnier | | | | | | | | | | | | | | |
| 28.03.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | | 29.03.2022 | 19.00 - 20.30 | VB (H) | 30.03.2022 | 20.00 - 21.00 21.00 - 22.00 | FTA UH | | 01.04.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/PS80 |
| 04.04.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | 800m | 05.04.2022 | 19.00 - 20.30 | VB (H) | 06.04.2022 | 20.00 - 21.00 21.00 - 22.00 | FTA UH | | 08.04.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/ PS80 |
| 11.04.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | 800m | 12.04.2022 | 19.00 - 20.30 | VB (H) | 13.04.2022 | 20.00 - 21.00 21.00 - 22.00 | FTA UH | | 15.04.2022 | Karfreitag | | |
| 18.04.2022 | Ostermontag evt.SSB | | | 19.04.2022 | 19.00 - 20.30 | VB (H) | 20.04.2022 | 20.00 - 21.00 21.00 - 22.00 | FTA UH | | 22.04.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/ PS80 |
| 25.04.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | 800m | 26.04.2022 | 19.00 - 20.30 | VB (H) | 27.04.2022 | 19.30 - 21.00 21.00 - 22.00 | FTA UH | | 29.04.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/PS80 |
| 02.05.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | 800m | 03.05.2022 | 19.00 - 20.30 | VB (H) | 04.05.2022 | 20.00 - 21.00 21.00 - 22.00 | UH | | 06.05.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/ PS80 |
| 06.05 oder 07.05.2022 Nachtturnier UH Appenzell | | | | | | | | | | | | | | |
| 09.05.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | 800m | 10.05.2022 | 19.00 - 20.30 | VB (H) | 11.05.2022 | 19.30 - 21.00 21.00 - 22.00 | FTA UH | | 13.05.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/PS80 |
| Trainingssamstag 14.05.2022 | | | | | | | | | | | | | | |
| 16.05.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | 800m | 17.05.2022 | 19.00 - 20.30 | VB (H) | 18.05.2022 | 19.30 - 21.00 21.00 - 22.00 | FTA UH | | 20.05.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/ PS80 |
| 21.05.2022 Leuberg Cup Zuwzil (SSB) | | | | | | | | | | | | | | |
| 23.05.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | 800m | 24.05.2022 | 19.00 - 20.30 | VB (H) | 25.05.2022 | 19.30 - 21.00 21.00 - 22.00 | FTA UH | | 27.05.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/PS80 |
| 30.05.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | 800m | 31.05.2022 | 19.00 - 20.30 | VB (H) | 01.06.2022 | 19.30 - 21.00 21.00 - 22.00 | FTA UH | | 03.06.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/ PS80 |
| 06.06.2022 | Pfingstmontag evt. SSB | | | 07.06.2022 | 19.00 - 20.30 | VB (H) | 08.06.2022 | 19.30 - 21.00 21.00 - 22.00 | FTA UH | | 10.06.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/PS80 |
| 13.06.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | 800m | 14.06.2022 | 19.00 - 20.30 | VB (H) | 15.06.2022 | 19.30 - 21.00 21.00 - 22.00 | FTA UH | | 17.06.2022 | 20.00 - 21.00 21.00 - 22.00 | BA | FTU/KUG/ PS80 |
| 20.06.2022 | 19.30 - 20.30 20.30 - 22.00 | VB (D) SSB | 800m | 21.06.2022 | 19.00 - 20.30 | VB (H) | 22.06.2022 | 19.30 - 21.00 21.00 - 22.00 | FTA UH | | | | | |
| Turnfestwochenende 24.-26.Juni 2022 | | | | | | | | | | | | | | |

| | | | |
|--------------|--|---|---|
| Abkürzungen: | VB D = Volleyball Damen (Stephi 079 932 89 53) | UH = Unihockey (Robin 076 431 29 69) | PS = Pendelstafette (Aaron 079 462 82 75) |
| | VB H = Volleyball Herren (Res 079 760 78 20) | SSB = Stufenbarren (Anna 077 438 66 88) | KUG = Kugelstossen (Regula 078 753 70 33) |
| | FTA = Fachtest Allround (Robin 076 431 29 69) | BA = Barren (Werner 076 469 91 13) | 800 m = (Werner 076 469 91 13) |