

## Trainingsschema VTC Woerden 2024 - 2025

|  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|--|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|  | 17 | 17 | 17 | 17 | 18 | 18 | 18 | 18 | 19 | 19 | 19 | 19 | 20 | 20 | 20 | 20 | 21 | 21 | 21 | 21 | 22 | 22 | 22 | 22 | 23 |
|  | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 |

|         |      |      |  |  |  |     |  |  |  |         |  |  |  |         |  |  |  |  |  |
|---------|------|------|--|--|--|-----|--|--|--|---------|--|--|--|---------|--|--|--|--|--|
| Maandag | 1 RV | MINI |  |  |  | MC1 |  |  |  | Heren 2 |  |  |  | Heren 1 |  |  |  |  |  |
|         | 4 LV | MINI |  |  |  | MB1 |  |  |  | Dames 2 |  |  |  | Heren 4 |  |  |  |  |  |
|         | 2 RA | MC2  |  |  |  | JB2 |  |  |  | Dames 3 |  |  |  | Heren 5 |  |  |  |  |  |
|         | 3 LA |      |  |  |  | JB1 |  |  |  | MA3     |  |  |  | Heren 6 |  |  |  |  |  |
|         | ES1  |      |  |  |  |     |  |  |  | JA1     |  |  |  |         |  |  |  |  |  |

|         |      |      |  |  |     |                |  |  |  |                       |  |  |  |  |  |
|---------|------|------|--|--|-----|----------------|--|--|--|-----------------------|--|--|--|--|--|
| Dinsdag | 1 RV | MINI |  |  |     | Dames Master   |  |  |  | Recreanten RD1 en RD2 |  |  |  |  |  |
|         | 4 LV | MINI |  |  |     | Dames 5        |  |  |  | Dames 4               |  |  |  |  |  |
|         | 2 RA |      |  |  |     | Recreanten RD3 |  |  |  | Dames 1               |  |  |  |  |  |
|         | 3 LA | MC3  |  |  |     | MA1            |  |  |  | Heren 7               |  |  |  |  |  |
|         | ES1  |      |  |  |     | JB2            |  |  |  |                       |  |  |  |  |  |
| ES2     |      |      |  |  | MB4 |                |  |  |  |                       |  |  |  |  |  |

|          |      |      |  |  |      |      |  |  |  |                                |  |  |  |                |  |  |  |
|----------|------|------|--|--|------|------|--|--|--|--------------------------------|--|--|--|----------------|--|--|--|
| Woensdag | 1 RV | MINI |  |  |      | MINI |  |  |  | Recreanten RD6 en RD7-instroom |  |  |  | Recreanten RD4 |  |  |  |
|          | 4 LV | MINI |  |  |      | MINI |  |  |  | Dames 6                        |  |  |  | Recreanten RD5 |  |  |  |
|          | 2 RA | MC2  |  |  |      | MB2  |  |  |  | JA1                            |  |  |  | Heren 3        |  |  |  |
|          | 3 LA | MB3  |  |  |      | JB1  |  |  |  | Dames 3 + Dames 4              |  |  |  | Heren 2        |  |  |  |
|          | ES1  |      |  |  |      | MINI |  |  |  |                                |  |  |  |                |  |  |  |
| ES2      |      |      |  |  | MINI |      |  |  |  |                                |  |  |  |                |  |  |  |

|           |      |     |  |  |  |         |  |  |  |         |  |  |  |  |  |
|-----------|------|-----|--|--|--|---------|--|--|--|---------|--|--|--|--|--|
| Donderdag | 1 RV |     |  |  |  | Dames 5 |  |  |  | Dames 1 |  |  |  |  |  |
|           | 4 LV |     |  |  |  | Dames 7 |  |  |  | Heren 1 |  |  |  |  |  |
|           | 2 RA | MC3 |  |  |  | MB1     |  |  |  | Dames 2 |  |  |  |  |  |
|           | 3 LA | MC1 |  |  |  | MA3     |  |  |  |         |  |  |  |  |  |
|           | ES1  |     |  |  |  | MA1     |  |  |  |         |  |  |  |  |  |

|         |      |  |  |  |  |            |  |  |  |                |  |  |  |  |  |
|---------|------|--|--|--|--|------------|--|--|--|----------------|--|--|--|--|--|
| Vrijdag | 1 RV |  |  |  |  | Competitie |  |  |  | Competitie     |  |  |  |  |  |
|         | 4 LV |  |  |  |  | Competitie |  |  |  | Competitie     |  |  |  |  |  |
|         | 2 RA |  |  |  |  | MB2        |  |  |  | Dames 6        |  |  |  |  |  |
|         | 3 LA |  |  |  |  | MB3        |  |  |  | Recreanten RH1 |  |  |  |  |  |

|         |      |  |  |  |  |              |  |  |  |                |  |  |  |  |  |
|---------|------|--|--|--|--|--------------|--|--|--|----------------|--|--|--|--|--|
| Vrijdag | 1 RV |  |  |  |  | (om de week) |  |  |  | (om de week)   |  |  |  |  |  |
|         | 4 LV |  |  |  |  | (om de week) |  |  |  | (om de week)   |  |  |  |  |  |
|         | 2 RA |  |  |  |  | MB2          |  |  |  | Dames 6        |  |  |  |  |  |
|         | 3 LA |  |  |  |  | MB3          |  |  |  | Recreanten RH1 |  |  |  |  |  |

|  |    |    |    |    |    |    |    |    |    |  |    |  |    |  |    |  |    |  |    |  |    |  |    |  |
|--|----|----|----|----|----|----|----|----|----|--|----|--|----|--|----|--|----|--|----|--|----|--|----|--|
|  | 9  | 9  | 9  | 9  | 10 | 10 | 10 | 10 | 11 |  | 12 |  | 13 |  | 14 |  | 15 |  | 15 |  | 17 |  | 18 |  |
|  | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 |  | 00 |  | 00 |  | 00 |  | 00 |  | 45 |  | 00 |  | 00 |  |

|          |      |                |  |  |  |            |  |  |  |            |  |  |  |            |  |  |  |
|----------|------|----------------|--|--|--|------------|--|--|--|------------|--|--|--|------------|--|--|--|
| Zaterdag | 1 RV | sportspeeltuin |  |  |  | Competitie |  |  |  | Competitie |  |  |  | Competitie |  |  |  |
|          | 4 LV |                |  |  |  | Competitie |  |  |  | Competitie |  |  |  |            |  |  |  |
|          | 2 RA |                |  |  |  | Competitie |  |  |  | Competitie |  |  |  | Competitie |  |  |  |
|          | 3 LA |                |  |  |  | Competitie |  |  |  | Competitie |  |  |  | Competitie |  |  |  |

|        |      |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |  |  |
|--------|------|--|--|--|--|-------------------------|--|--|--|--|--|--|--|--|--|--|--|
| Zondag | 1 RV |  |  |  |  | speciale training jeugd |  |  |  |  |  |  |  |  |  |  |  |
|        | 4 LV |  |  |  |  | speciale training jeugd |  |  |  |  |  |  |  |  |  |  |  |
|        | 2 RA |  |  |  |  | speciale training jeugd |  |  |  |  |  |  |  |  |  |  |  |
|        | 3 LA |  |  |  |  | speciale training jeugd |  |  |  |  |  |  |  |  |  |  |  |

Schema 2024-2025 v1.0

## Trainingsschema jeugd - herfstvakantie

|  |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|--|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|  | 17 | 17 | 17 | 17 | 18 | 18 | 18 | 18 | 19 | 19 | 19 | 19 | 20 | 20 | 20 | 20 | 21 | 21 | 21 | 21 | 22 | 22 | 22 | 22 | 23 |
|  | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 | 15 | 30 | 45 | 00 |

|    |      |  |  |  |  |    |  |  |  |       |  |  |  |  |  |  |  |
|----|------|--|--|--|--|----|--|--|--|-------|--|--|--|--|--|--|--|
| Ma | 4 LV |  |  |  |  | MB |  |  |  |       |  |  |  |  |  |  |  |
|    | 2 RA |  |  |  |  | MB |  |  |  |       |  |  |  |  |  |  |  |
| Di | 2 RA |  |  |  |  |    |  |  |  |       |  |  |  |  |  |  |  |
|    | 3 LA |  |  |  |  |    |  |  |  |       |  |  |  |  |  |  |  |
| Wo | 2 RA |  |  |  |  | MA |  |  |  |       |  |  |  |  |  |  |  |
|    | 3 LA |  |  |  |  | MA |  |  |  |       |  |  |  |  |  |  |  |
| Do | 2 RA |  |  |  |  | MC |  |  |  | JB+JC |  |  |  |  |  |  |  |
|    | 3 LA |  |  |  |  | MC |  |  |  | JA    |  |  |  |  |  |  |  |

Schema 2024-2025 jeugd herfstvakantie