

Trainingsplanung SKV JO Alpin Kader Saison 2010/11

Regionalverband: Swiss Knife Valley Skiteam
 Kader: JO Alpin

| April | | MAI | | JUNI | | JULI | | AUGUST | | SEPTEMBER | | OKTOBER | | NOVEMBER | | DEZEMBER | |
|-------|----------------------------|-------|---------------|-------|----------------------|-------|--------------|--------|---------------|-----------|------------------------|---------|--------------------------|----------|----------------|----------|----------------------------|
| 01 Do | | 01 Sa | Schulferien | 01 Di | Training | 01 Do | | 01 So | | 01 Mi | | 01 Fr | | 01 Mo | | 01 Mi | Training |
| 02 Fr | Karfreitag | 02 So | | 02 Mi | Training | 02 Fr | Kondi 1 | 02 Mo | | 02 Do | Ski 3 Saas-Fee | 02 Sa | Schulferien | 02 Di | | 02 Do | Training |
| 03 Sa | Ostern | 03 Mo | Heimtraining | 03 Do | Fronleichnam | 03 Sa | | 03 Di | | 03 Fr | | 03 So | | 03 Mi | Coach-Point | 03 Fr | |
| 04 So | Ostersonntag | 04 Di | | 04 Fr | | 04 So | | 04 Mi | Kondi 2 | 04 Sa | | 04 Mo | | 04 Do | Training | 04 Sa | Ski 11 Pitztal |
| 05 Mo | Kombi Race Engelberg | 05 Mi | | 05 Sa | | 05 Mo | | 05 Do | | 05 So | | 05 Di | Ski 5 Saas-Fee | 05 Fr | Training | 05 So | |
| 06 Di | | 06 Do | | 06 So | | 06 Fr | Training | 06 Mo | | 06 Do | | 06 Mi | | 06 Sa | | 06 Mo | |
| 07 Mi | Training | 07 Fr | | 07 Mo | | 07 Do | Training | 07 Sa | | 07 Di | Training | 07 Do | | 07 So | | 07 Di | Training |
| 08 Do | Training | 08 Sa | | 08 Di | Training | 08 Do | Training | 08 So | | 08 Mi | Training | 08 Fr | | 08 Mo | Training | 08 Mi | Training |
| 09 Fr | Training | 09 So | | 09 Mi | Training | 09 Fr | | 09 Mo | Ski 1 Zermatt | 09 Do | | 09 Sa | | 09 Di | Training | 09 Do | Training |
| 10 Sa | Sichtungstag Ski ganzer Ta | 10 Mo | | 10 Do | Training | 10 Sa | Schulferien | 10 Di | | 10 Fr | JO Leiterkurs Saas Fee | 10 So | | 10 Mi | | 10 Fr | Training |
| 11 So | Sichtungstag Ski ganzer Ta | 11 Di | | 11 Fr | Training | 11 So | | 11 Mi | | 11 Sa | | 11 Mo | | 11 Do | Ski 8 Pitztal | 11 Sa | |
| 12 Mo | | 12 Mi | | 12 Sa | | 12 Do | Heimtraining | 12 Do | | 12 So | | 12 Di | Ski 6 Saas-Fee | 12 Fr | | 12 So | |
| 13 Di | Training | 13 Do | | 13 So | | 13 Di | | 13 Fr | | 13 Mo | Training | 13 Mi | | 13 Sa | | 13 Do | Training |
| 14 Mi | Training | 14 Fr | | 14 Mo | | 14 Mi | | 14 Sa | | 14 Do | Training | 14 Di | | 14 So | | 14 Di | Training |
| 15 Do | | 15 Sa | | 15 Di | Training | 15 Do | | 15 So | | 15 Mi | Coach-Point | 15 Fr | | 15 Mo | | 15 Mi | Training |
| 16 Fr | Training | 16 So | | 16 Mi | Coach-Point | 16 Fr | | 16 Mo | | 16 Do | Training | 16 Sa | | 16 Di | Training | 16 Do | Training |
| 17 Sa | Training | 17 Mo | | 17 Do | Training | 17 Sa | | 17 Di | Ski 2 Zermatt | 17 Fr | Training | 17 So | | 17 Mi | Training | 17 Fr | Training |
| 18 So | Training | 18 Di | Training | 18 Fr | Training | 18 So | | 18 Mi | | 18 Sa | | 18 Mo | Training | 18 Do | Training | 18 Sa | |
| 19 Mo | | 19 Mi | Training | 19 Sa | | 19 Mo | Heimtraining | 19 Do | | 19 So | | 19 Di | Training | 19 Fr | | 19 So | |
| 20 Di | Training | 20 Do | Training | 20 So | | 20 Di | | 20 Fr | | 20 Mo | Training | 20 Mi | Training | 20 Sa | Ski 9 Pitztal | 20 Mo | Training |
| 21 Mi | Training | 21 Fr | Training | 21 Mo | | 21 Mi | | 21 Do | | 21 Di | Training | 21 Do | Training | 21 So | | 21 Di | Training |
| 22 Do | Training | 22 Sa | Training | 22 Di | | 22 Do | | 22 So | | 22 Mi | Training | 22 Fr | Training | 22 Mo | | 22 Mi | Training |
| 23 Fr | Training | 23 So | Training | 23 Mi | Swiss-Ski Power Test | 23 Fr | | 23 Mo | | 23 Do | Training | 23 Sa | | 23 Di | | 23 Do | Training |
| 24 Sa | Schneesportgala Luzern | 24 Mo | Pfingstmontag | 24 Do | Training | 24 Sa | | 24 Di | Training | 24 Fr | | 24 So | | 24 Mi | Training | 24 Fr | Training |
| 25 So | | 25 Di | Training | 25 Fr | Training | 25 So | | 25 Mi | Training | 25 Sa | Ski 4 Saas-Fee | 25 Mo | | 25 Do | Training | 25 Sa | |
| 26 Mo | Trainerforum | 26 Mi | Training | 26 Sa | | 26 Mo | Heimtraining | 26 Do | Training | 26 So | | 26 Di | | 26 Fr | | 26 So | |
| 27 Di | Swiss-Ski | 27 Do | Training | 27 So | | 27 Di | | 27 Fr | Training | 27 Mo | | 27 Mi | Swiss-Ski Power Test | 27 Sa | Ski 10 Pitztal | 27 Mo | |
| 28 Mi | Training | 28 Fr | Training | 28 Mo | | 28 Mi | | 28 Do | | 28 Di | | 28 Do | Ski 7 Skihalle Landgraaf | 28 So | | 28 Di | Ski ZSSV Vergleiche 2 Tage |
| 29 Do | Training | 29 Sa | | 29 Di | Training | 29 Do | | 29 So | | 29 Mi | | 29 Fr | | 29 Mo | | 29 Mi | |
| 30 Fr | Training | 30 So | | 30 Mi | | 30 Fr | | 30 Mo | Training | 30 Do | | 30 Sa | | 30 Di | | 30 Do | |
| | | 31 Mo | | | | 31 Sa | | 31 Di | Training | | | 31 So | | | | 31 Fr | |

| | | | | | | | | | |
|-------|----|---|----|---|---|----|----|----|----|
| Ski | 5 | 3 | 0 | 0 | 9 | 8 | 12 | 11 | 14 |
| Kondi | 10 | 6 | 13 | 6 | 9 | 10 | 6 | 9 | 7 |

NLZ:  0

Swiss-Ski:  5

Kondi:  76

Ski:  62

Schwerpunkte für Kondition



Ausdauer/Kraftausdauer

Schwerpunkte für Kondition



Outdoorkurs

Schwerpunkte für Kondition



Kraftaufbau/Kraft im Gleichgewicht
Schnelligkeit/Schnellkraft
Koordination/spez. Ausdauer

Schwerpunkte für Kondition



Spez. Kraft/Kraft im Gleichgewicht
Schnelligkeit/Schnellkraft
Koordination/spez. Ausdauer

Schwerpunkte für Kondition



Heimtraining nach Programm
Krafterhaltung/Kraft im Gleichgewicht
Schnelligkeit/Schnellkraft
Koordination/spez. Ausdauer