

# Trainingsplan Region Nidersimmental und Thunersee Saison 23/24, Mai - August

| Mai    |               | Juni   |                               | Juli   |                  | August |                               |
|--------|---------------|--------|-------------------------------|--------|------------------|--------|-------------------------------|
| Region | Stärn         | Region | Stärn                         | Region | Stärn            | Region | Stärn                         |
| 01     |               | 01     |                               | 01     |                  | 01     |                               |
| 02     |               | 02     |                               | 02     |                  | 02     |                               |
| 03     |               | 03     |                               | 03     | 18:00 - 20:00    | 03     |                               |
| 04     |               | 04     |                               | 04     |                  | 04     |                               |
| 05     |               | 05     | 18:00 - 20:00                 | 05     | 14:00 - 16:30    | 05     |                               |
| 06     |               | 06     |                               | 06     |                  | 06     |                               |
| 07     |               | 07     | 14:00 - ca. 16:10             | 07     |                  | 07     | Wochenplan Kondi              |
| 08     |               | 08     | 07.06., 16:30 : Foto Frutigen | 08     |                  | 08     |                               |
| 09     |               | 09     |                               | 09     |                  | 09     |                               |
| 10     |               | 10     |                               | 10     | Wochenplan Kondi | 10     |                               |
| 11     |               | 11     |                               | 11     |                  | 11     |                               |
| 12     |               | 12     | 18:00 - 20:00                 | 12     |                  | 12     |                               |
| 13     |               | 13     |                               | 13     |                  | 13     |                               |
| 14     |               | 14     | 14:00 - 16:30                 | 14     |                  | 14     | 18:00 - 20:00                 |
| 15     |               | 15     |                               | 15     |                  | 15     |                               |
| 16     |               | 16     |                               | 16     |                  | 16     | 14:00 - 16:30 17:45 - 19:15   |
| 17     |               | 17     |                               | 17     | Wochenplan Kondi | 17     |                               |
| 18     |               | 18     |                               | 18     |                  | 18     |                               |
| 19     |               | 19     | 18:00 - 20:00                 | 19     |                  | 19     |                               |
| 20     |               | 20     |                               | 20     |                  | 20     |                               |
| 21     |               | 21     | 14:00 - 16:30                 | 21     |                  | 21     | 18:00 - 20:00                 |
| 22     | Infoabend Oey | 22     | Infoabend Oey                 | 22     |                  | 22     |                               |
| 23     |               | 23     |                               | 23     |                  | 23     | 14:00 - 16:30 17:45 - 19:15   |
| 24     |               | 24     |                               | 24     | Wochenplan Kondi | 24     |                               |
| 25     |               | 25     |                               | 25     |                  | 25     |                               |
| 26     |               | 26     | 18:00 - 20:00                 | 26     |                  | 26     | Outdoorweekend Outdoorweekend |
| 27     |               | 27     |                               | 27     |                  | 27     | Outdoorweekend Outdoorweekend |
| 28     |               | 28     | 14:00 - 16:30                 | 28     |                  | 28     | 18:00 - 20:00                 |
| 29     |               | 29     |                               | 29     |                  | 29     |                               |
| 30     |               | 30     |                               | 30     |                  | 30     | 14:00 - 16:30 17:45 - 19:15   |
| 31     | 14:00 - 16:30 | 31     | 14:00 - 16:30                 | 31     | Wochenplan Kondi | 31     |                               |

Kondi Kickoff Teambildung

Kondiblock 1 Outdoor, Ort gem. Homepage  
Kondiblock 1 Turnhalle Oey

Kondiblock 2 Outdoor: Inline, BKW Spiez  
Kondiblock 2 Turnhalle Oey  
Konditraining Turnhalle Oey

# Trainingsplan Region Niedersimmental und Thunersee Saison 23/24, September - Dezember

| September |                                     |                    | Oktober |   |                  | November |                  |                | Dezember |                  |                |
|-----------|-------------------------------------|--------------------|---------|---|------------------|----------|------------------|----------------|----------|------------------|----------------|
|           | Region                              | Stärn              |         | Region  | Stärn            |          | Region           | Stärn          |          | Region           | Stärn          |
| 01        |                                     |                    | 01      |   |                  | 01       | Skitraining Nami | 17:45 - 19:15  | 01       |                  |                |
| 02        |                                     |                    | 02      | Wochenplan Kondi                                | Wochenplan Kondi | 02       |                  |                | 02       | Skitraining      | Skitraining    |
| 03        | Quer durch Oberwil                  | Quer durch Oberwil | 03      |   |                  | 03       | Anreise          |                | 03       |                  |                |
| 04        | 18:00 - 20:00                       |                    | 04      |   |                  | 04       | Ski Saas-Fee     | Skitraining    | 04       | 17:45 - 19:15    | 17:45 - 19:15  |
| 05        |                                     |                    | 05      |   |                  | 05       | Ski Saas-Fee     |                | 05       |                  |                |
| 06        | 14:00 - 16:30                       | 17:45 - 19:15      | 06      |   |                  | 06       | 17:45 - 19:15    |                | 06       | Skitraining Nami | Ski oder Kondi |
| 07        |                                     |                    | 07      |   |                  | 07       |                  |                | 07       |                  |                |
| 08        |                                     |                    | 08      |   |                  | 08       | Skitraining Nami | 17:45 - 19:15  | 08       |                  |                |
| 09        |                                     |                    | 09      | Wochenplan Kondi                                | Wochenplan Kondi | 09       |                  |                | 09       | Skitraining      | Skitraining    |
| 10        |                                     |                    | 10      |   |                  | 10       |                  |                | 10       |                  |                |
| 11        | 18:00 - 20:00                       |                    | 11      |   |                  | 11       | Skitraining      | Skitraining    | 11       | 17:45 - 19:15    | 17:45 - 19:15  |
| 12        |                                     |                    | 12      |   |                  | 12       |                  |                | 12       |                  |                |
| 13        | 14:00 - 16:30                       | 17:45 - 19:15      | 13      |   |                  | 13       | 17:45 - 19:15    |                | 13       | Skitraining Nami | Ski oder Kondi |
| 14        |                                     |                    | 14      |   |                  | 14       |                  |                | 14       |                  |                |
| 15        |                                     |                    | 15      | Bikerennen Frutigen (freiwillig, nicht betreut) |                  | 15       | Skitraining Nami | 17:45 - 19:15  | 15       |                  |                |
| 16        |                                     |                    | 16      | 17:45 - 19:15                                   |                  | 16       |                  |                | 16       | Skitraining      | Skitraining    |
| 17        |                                     |                    | 17      |   |                  | 17       | Anreise          | Anreise        | 17       |                  |                |
| 18        | 18:00 - 20:00                       |                    | 18      |   | 17:45 - 19:15    | 18       | Ski Saas-Fee     | Ski Saas-Fee   | 18       | 17:45 - 19:15    | 17:45 - 19:15  |
| 19        |                                     |                    | 19      |   |                  | 19       | Ski Saas-Fee     | Ski Saas-Fee   | 19       |                  |                |
| 20        | 14:00 - 16:30 Abschluss Sommerkondi |                    | 20      |   |                  | 20       | 17:45 - 19:15    | 17:45 - 19:15  | 20       | Skitraining Nami | Ski oder Kondi |
| 21        |                                     |                    | 21      | Skitraining                                     |                  | 21       |                  |                | 21       |                  |                |
| 22        | Anreise                             | Anreise            | 22      |   |                  | 22       | Skitraining Nami | Ski oder Kondi | 22       |                  |                |
| 23        | Ski Zermatt                         | Ski Zermatt        | 23      | 17:45 - 19:15                                   |                  | 23       |                  |                | 23       | Skitraining      | Skitraining    |
| 24        | Ski Zermatt                         | Ski Zermatt        | 24      |   |                  | 24       |                  |                | 24       |                  |                |
| 25        | Ski Zermatt                         | Ski Zermatt        | 25      | Skitraining Nami                                | 17:45 - 19:15    | 25       | Skitraining      | Skitraining    | 25       |                  |                |
| 26        | Ski Zermatt                         | Ski Zermatt        | 26      |   |                  | 26       |                  |                | 26       |                  |                |
| 27        |                                     |                    | 27      |   |                  | 27       | 17:45 - 19:15    | 17:45 - 19:15  | 27       | Skitraining      | Skitraining    |
| 28        |                                     |                    | 28      | Skitraining                                     |                  | 28       |                  |                | 28       | Skitraining      | Skitraining    |
| 29        |                                     |                    | 29      | Konditest                                       | Konditest        | 29       | Skitraining Nami | Ski oder Kondi | 29       | Skitraining      | Skitraining    |
| 30        |                                     |                    | 30      | 17:45 - 19:15                                   |                  | 30       |                  |                | 30       | Skitraining      |                |
|           |                                     |                    | 31      |   |                  |          |                  |                | 31       |                  |                |

Kondiblock 2 Outdoor: Inline, BKW Spiez  
 Kondiblock 2 Turnhalle Oey  
 Konditraining Turnhalle Oey

Kondiblock 3 Turnhalle Oey  
 Konditraining Turnhalle Oey

Kondiblock 3 Turnhalle Oey  
 Konditraining Turnhalle Oey

Kondiblock 3 Turnhalle Oey  
 Konditraining Turnhalle Oey

Übergangshase Mittwoch: Mi-Kondi nur wenn kein Ski. Wenn Ski = Kondi Mo,

# Trainingsplan Region Niedersimmental und Thunersee Saison 23/24, Januar - April

| Januar |                  |                     | Februar |                  |                     | März |                  |                     | April |                       |       |
|--------|------------------|---------------------|---------|------------------|---------------------|------|------------------|---------------------|-------|-----------------------|-------|
|        | Region           | Stärn               |         | Region           | Stärn               |      | Region           | Stärn               |       | Region                | Stärn |
| 01     |                  |                     | 01      |                  |                     | 01   |                  |                     | 01    |                       |       |
| 02     | Skitraining      |                     | 02      |                  |                     | 02   |                  | Skiclub             | 02    |                       |       |
| 03     | Skitraining      | Skitraining         | 03      |                  | Skiclub             | 03   |                  |                     | 03    |                       |       |
| 04     | Skitraining      | Skitraining         | 04      |                  |                     | 04   | 17:45 - 19:15    | 17:45 - 19:15       | 04    |                       |       |
| 05     | Skitraining      |                     | 05      | 17:45 - 19:15    | 17:45 - 19:15       | 05   | Nacht-SL         | Nacht-SL freiwillig | 05    |                       |       |
| 06     |                  |                     | 06      | Nacht-SL         | Nacht-SL freiwillig | 06   | Skitraining Nami | Skitraining Nami    | 06    |                       |       |
| 07     |                  |                     | 07      | Skitraining Nami | Skitraining Nami    | 07   |                  |                     | 07    |                       |       |
| 08     | 17:45 - 19:15    | 17:45 - 19:15       | 08      |                  |                     | 08   |                  |                     | 08    |                       |       |
| 09     | Nacht-SL         | Nacht-SL freiwillig | 09      |                  |                     | 09   |                  | Skiclub             | 09    |                       |       |
| 10     | Skitraining Nami | Skitraining Nami    | 10      |                  | Skiclub             | 10   |                  |                     | 10    |                       |       |
| 11     |                  |                     | 11      |                  |                     | 11   | 17:45 - 19:15    | 17:45 - 19:15       | 11    |                       |       |
| 12     |                  |                     | 12      | 17:45 - 19:15    | 17:45 - 19:15       | 12   | Nacht-SL         | Nacht-SL freiwillig | 12    |                       |       |
| 13     |                  | Skiclub             | 13      | Nacht-SL         | Nacht-SL freiwillig | 13   | Skitraining Nami | Skitraining Nami    | 13    |                       |       |
| 14     |                  |                     | 14      | Skitraining Nami | Skitraining Nami    | 14   |                  |                     | 14    |                       |       |
| 15     | 17:45 - 19:15    | 17:45 - 19:15       | 15      |                  |                     | 15   |                  |                     | 15    |                       |       |
| 16     | Nacht-SL         | Nacht-SL freiwillig | 16      |                  |                     | 16   |                  | Skiclub             | 16    |                       |       |
| 17     | Skitraining Nami | Skitraining Nami    | 17      |                  | Skiclub             | 17   |                  |                     | 17    |                       |       |
| 18     |                  |                     | 18      |                  |                     | 18   | 17:45 - 19:15    | 17:45 - 19:15       | 18    |                       |       |
| 19     |                  |                     | 19      | 17:45 - 19:15    | 17:45 - 19:15       | 19   |                  |                     | 19    |                       |       |
| 20     |                  | Skiclub             | 20      | Nacht-SL         | Nacht-SL freiwillig | 20   | Skitraining Nami | Skitraining Nami    | 20    |                       |       |
| 21     |                  |                     | 21      | Skitraining Nami | Skitraining Nami    | 21   |                  |                     | 21    |                       |       |
| 22     | 17:45 - 19:15    | 17:45 - 19:15       | 22      |                  |                     | 22   |                  |                     | 22    |                       |       |
| 23     | Nacht-SL         | Nacht-SL freiwillig | 23      |                  |                     | 23   |                  | Skiclub             | 23    |                       |       |
| 24     | Skitraining Nami | Skitraining Nami    | 24      |                  | Skiclub             | 24   |                  |                     | 24    |                       |       |
| 25     |                  |                     | 25      |                  |                     | 25   | 17:45 - 19:15    | 17:45 - 19:15       | 25    |                       |       |
| 26     |                  |                     | 26      | 17:45 - 19:15    | 17:45 - 19:15       | 26   |                  |                     | 26    |                       |       |
| 27     |                  | Skiclub             | 27      | Nacht-SL         | Nacht-SL freiwillig | 27   | Skitraining Nami | Skitraining Nami    | 27    | Landputzete Wiriehorn |       |
| 28     |                  |                     | 28      | Skitraining Nami | Skitraining Nami    | 28   |                  |                     | 28    |                       |       |
| 29     | 17:45 - 19:15    | 17:45 - 19:15       | 29      |                  |                     | 29   |                  |                     | 29    |                       |       |
| 30     | Nacht-SL         | Nacht-SL freiwillig |         |                  |                     | 30   |                  |                     | 30    |                       |       |
| 31     | Skitraining Nami | Skitraining Nami    |         |                  |                     | 31   |                  |                     |       |                       |       |

Konditraining Winter Turnhalle Oey

Konditraining Winter Turnhalle Oey

Konditraining Winter Turnhalle Oey