**** **MĚSÍČNÍ PLÁN 2018/2019**

|  |  |
| --- | --- |
| **KATEGORIE:** | **ZD** |
| **MĚSÍC:** | **SRPEN** |
| **TRENÉŘI:** | **Čelikovský, Beránek, Zevl** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DEN** | **DOPOLEDNE** | **ODPOLEDNE** | **MÍSTO** | **SRAZ** |
| **Suchá** | **Led** | **Suchá** | **Led** |
| **St** | **1** |  |  |  |  |  |  |
| **Čt** | **2** |  |  |  |  |  |  |
| **Pá** | **3** |  |  |  |  |  |  |
| **So** | **4** |  |  |  |  |  |  |
| **Ne** | **5** |  |  |  |  |  |  |
| **Po** | **6** |  |  |  |  |  |  |
| **Út** | **7** |  |  |  |  |  |  |
| **St** | **8** |  |  |  |  |  |  |
| **Čt** | **9** |  |  |  |  |  |  |
| **Pá** | **10** |  |  |  |  |  |  |
| **So** | **11** |  |  |  |  |  |  |
| **Ne** | **12** |  |  |  |  |  |  |
| **Po** | **13** |  |  |  |  |  |  |
| **Út** | **14** |  |  |  |  |  |  |
| **St** | **15** |  |  |  |  |  |  |
| **Čt** | **16** |  |  |  |  |  |  |
| **Pá** | **17** |  |  |  |  |  |  |
| **So** | **18** |  |  |  |  |  |  |
| **Ne** | **19** |  |  |  |  |  |  |
| **Po** | **20** |  |  |  |  |  |  |
| **Út** | **21** |  |  |  |  |  |  |
| **St** | **22** |  |  |  |  |  |  |
| **Čt** | **23** |  |  |  |  |  |  |
| **Pá** | **24** |  |  |  |  |  |  |
| **So** | **25** |  |  |  |  |  |  |
| **Ne** | **26** |  |  |  |  |  |  |
| **Po** | **27** |  |  |  |  |  |  |
| **Út** | **28** |  |  |  | 18.00-19.00 | Plocha II. | 17.15 |
| **St** | **29** |  |  |  |  |  |  |
| **Čt** | **30** |  |  |  | 18.00-19.00 | Plocha II. | 17.15 |
| **Pá** | **31** |  |  |  | 18.00-19.00 | Plocha II. | 17.15 |

**Poznámka** – **Před tréninkem** zkoušení zimního oblečení (teplákovka+zimní bunda) a **po tréninku** zkoušení zápasových dresů.