



**Treffpunkt der Trainings**

|           |                          |                  |                  |
|-----------|--------------------------|------------------|------------------|
| Halle:    | Turnhalle Silenen        | Jg 2008 - 2009   | 18.00 - 19.00    |
|           |                          | Jg 2005 - 2007   | 19.00 - 20.00    |
|           |                          | Jg 2004 u. älter | 20.00 - 21.00    |
| Langlauf: | Unterschächen            | Jg 2007 u. älter | 18.15 - 19.45    |
| Berglauf: | Parkplatz Seilbahn Haldi | Jg 2004 u. älter | 18.00 - 19.30    |
| Strasse:  | Feuerwehrlokal Erstfeld  |                  | 18.00 - 19.30    |
| Bike:     | Selderboden Silenen      |                  | 18.00 - 19.15/30 |

**Kategorien**

|                |                |
|----------------|----------------|
| Strasse S1     | Chrigi         |
| Strasse S2     | Bruno          |
| Strasse S3     | Dani           |
| Bike B1        | Patrik/ Silvan |
| Bike B2        | Lars/ Beni     |
| Bike B3        | Janine         |
| Bike B4        | Dani           |
| Selderboden    | Myriam/ Marino |
| Berglauf       | Chrigi         |
| Langlauf       | Bruno          |
| Hallentraining | Dani           |
| Conconi        | Marino/Chrigi  |

**Leitereinsatz**

|    |         |
|----|---------|
| Be | Beni    |
| Br | Bruno   |
| C  | Chrigi  |
| D  | Dani    |
| J  | Janine  |
| L  | Lars    |
| Ma | Marino  |
| My | Myriam  |
| P  | Patrick |
| Ro | Rolf    |
| Si | Silvan  |
| W  | Walti   |



**Trainingsprogramm 2021**  
**2. Quartal**

| April |    |  |               |
|-------|----|--|---------------|
| Do    | 1  |  |               |
| Fr    | 2  | Karfreitag                                 |               |
| Sa    | 3  | Ostern                                     |               |
| So    | 4  | Ostern                                     |               |
| Mo    | 5  | Ostermontag                                |               |
| Di    | 6  | 1800 Bike B1,B2,B3                         | P,L,J         |
| Mi    | 7  | 1800 Strasse S1,S2,S3                      | C,Br,D        |
| Do    | 8  |  |               |
| Fr    | 9  | 1800 Selderboden Bike alle, B1,B2 Biketour | Be,D,My,Ma,Ro |
| Sa    | 10 |  |               |
| So    | 11 |  |               |
| Mo    | 12 |  |               |
| Di    | 13 | 1800 Bike B1,B2,B3                         | P,L,J         |
| Mi    | 14 | 1800 Strasse S1,S2,S3                      | C,Br,D        |
| Do    | 15 |  |               |
| Fr    | 16 | 1800 Selderboden Bike alle, B1,B2 Biketour | Be,D,My,Ma,Ro |
| Sa    | 17 |  |               |
| So    | 18 |  |               |
| Mo    | 19 |  |               |
| Di    | 20 | 1800 Bike B1,B2,B3                         | P,L,J         |
| Mi    | 21 | 1800 Strasse S1,S2,S3                      | C,Br,D        |
| Do    | 22 |  |               |
| Fr    | 23 | 1800 Selderboden Bike alle, B1,B2 Biketour | Be,D,My,Ma,Ro |
| Sa    | 24 |  |               |
| So    | 25 |  |               |
| Mo    | 26 |  |               |
| Di    | 27 | 1800 Bike B1,B2,B3                         | P,L,J         |
| Mi    | 28 | 1800 Strasse S1,S2,S3                      | C,Br,D        |
| Do    | 29 |  |               |
| Fr    | 30 | 1800 Selderboden Bike alle, B1,B2 Biketour | Be,D,My,Ma,Ro |

| Mai |    |  |               |
|-----|----|--|---------------|
| Sa  | 1  | Proffix Leukerbad                            | C,Br          |
| So  | 2  | Proffix Leukerbad                            | C,Br          |
| Mo  | 3  | Bikelager Locarno                            | R,P,Br        |
| Di  | 4  |  |               |
| Mi  | 5  |  |               |
| Do  | 6  |  |               |
| Fr  | 7  |  |               |
| Sa  | 8  |  |               |
| So  | 9  | Lumino Ti Schülercup Strasse                 |               |
| Mo  | 10 |  |               |
| Di  | 11 |  |               |
| Mi  | 12 |  |               |
| Do  | 13 | Bergrennen Bristen / Diessenhofen Schülercup |               |
| Fr  | 14 |  |               |
| Sa  | 15 |  |               |
| So  | 16 | GP Osterhas Affoltern a A Schülercup         |               |
| Mo  | 17 |  |               |
| Di  | 18 | 1800 Strasse S1,S2,S3                        | C,Br,D        |
| Mi  | 19 | 1730 Energie Uri Cup Abendrennen Bike        | C,Br,D        |
| Do  | 20 |  |               |
| Fr  | 21 | 1800 Selderboden Bike alle,B1,B2 Biketour    | Be,D,My,Ma,Ro |
| Sa  | 22 | Pfingsten                                    |               |
| So  | 23 | Argovia Cup Capriasca C1                     |               |
| Mo  | 24 | Pfingstmontag                                |               |
| Di  | 25 | 1800 Bike B1,B2,B3                           | P,L,Ro        |
| Mi  | 26 | 1730 Energie Uri Cup Abendrennen Strasse     | C,Br,D        |
| Do  | 27 |  |               |
| Fr  | 28 | 1800 Selderboden Bike alle,B1,B2 Biketour    | Be,D,My,Ma,Ro |
| Sa  | 29 | SM Bike, Proffix Gstaad                      | C,Br          |
| So  | 30 | SM Bike, Proffix Gstaad                      | C,Br          |
| Mo  | 31 |  |               |

| Juni |    |   |               |
|------|----|---|---------------|
| Di   | 1  | 1800 Strasse S1,S2,S3                     | C,Br,D        |
| Mi   | 2  | 1730 Energie Uri Cup Abendrennen Bike     | C,Br,Ro       |
| Do   | 3  | Fronleichnam                              |               |
| Fr   | 4  | Brückentag                                |               |
| Sa   | 5  |   |               |
| So   | 6  | Strasse Gippingen Schülercup              |               |
| Mo   | 7  |   |               |
| Di   | 8  | 1800 Bike B1,B2,B3                        | P,L,J         |
| Mi   | 9  | 1730 Energie Uri Cup Abendrennen Strasse  | C,Br,D        |
| Do   | 10 |   |               |
| Fr   | 11 | 1800 Selderboden Bike alle,B1,B2 Biketour | Be,D,My,Ma,Sv |
| Sa   | 12 |   |               |
| So   | 13 | Zeitfahren Thun Schülercup / Bike Biasca  |               |
| Mo   | 14 |   |               |
| Di   | 15 | 1800 Strasse S1,S2,S3                     | C,Br,D        |
| Mi   | 16 | 1800 Energie Uri Cup Abendrennen Bike     | C,Br,D        |
| Do   | 17 |   |               |
| Fr   | 18 | 1800 Selderboden Bike alle,B1,B2 Biketour | Be,D,My,Ma,Ro |
| Sa   | 19 | Proffix Gränichen                         | C,Br          |
| So   | 20 | Proffix Gränichen                         | C,Br          |
| Mo   | 21 |   |               |
| Di   | 22 | 1800 Bike B1,B2,B3                        | P,L,J         |
| Mi   | 23 | 1800 Strasse S1,S2,S3                     | C,Br,D        |
| Do   | 24 |   |               |
| Fr   | 25 | 1800 Selderboden Bike alle,B1,B2 Biketour | Be,D,My,Ma,Ro |
| Sa   | 26 | Proffix Savognin                          | C,Br          |
| So   | 27 | Proffix Savognin                          | C,Br          |
| Mo   | 28 |   |               |
| Di   | 29 | 1800 Bike B1,B2,B3                        | P,L,J         |
| Mi   | 30 | 1800 Strasse S1,S2,S3                     | C,Br,D        |

