

Trainingschema Caribouche
 Versie: 25/06/2020
 Seizoen: 2020 - 2021

- Legenda:**
- KEEPER
 - TOPHOCKEY
 - SENIOREN
 - BEREIDTE
 - EXTREM
 - TRIM
 - CIRCUIT
 - FACULTEIT

| | Maandag | | Dinsdag | |
|-------------|--|--|------------------------------------|--|
| | Veld 1 (water) | Veld 2 (water) | Veld 3 (zand) | Veld 4 (water) |
| | Veld 5 (semi) | Miniveld 1 | Miniveld 2 | |
| 16.00-16.15 | | | | |
| 16.15-16.30 | E CIRCUIT (jongens) 1e Jaars (5 teams) | E CIRCUIT (meisjes) 1e Jaars (5 teams) | NOVUM | D-Circuit S&B (even-teams) ASM coördinator AB |
| 16.30-16.45 | T2w / T1w / BSt / BvD / T1w / T1w / TS / EVa | AuB / M&A / EVo / M&W / CDo / M&A / M&A / F&W / M&V / T1w / RvK / TS / EVa | | trainers: ADW / P&C / AV / LGr / G&V / M&S / B&V / T2z / B&W / H&W / E&V / M&W / P&V / BvD / B&S / M&A / E&V / B&W / B&W / T2z |
| 16.45-17.00 | | | | |
| 17.00-17.15 | | | | |
| 17.15-17.30 | E CIRCUIT (jongens) 2e Jaars (4 teams) | E CIRCUIT (meisjes) 2e Jaars (5 teams) | Looptraining NSU/DSU/BSU J&V / A&W | D-Circuit S&B (even-teams) ASM coördinator AB |
| 17.30-17.45 | T2w / T1w / M&W / M&W / B&A / VDo / DDo | K&A / L&V / C&M / M&V / L&W / W&V / E&V / E&V / K&S / J&V | | trainers: S&B / P&V / BvD / R&V / M&W / E&V / M&W / ADW / P&C / E&V / B&W / B&W / E&V / T2z |
| 17.45-18.00 | | | GoedFitBio | |
| 18.00-18.15 | | | | |
| 18.15-18.30 | J&B1 MSB / SOB | J&B2 DDo / HDu | J&C1 P&P | J&C2 Q&V / Tv&R M&A |
| 18.30-18.45 | | | M&B1 F&D | M&C1 RuK / M&S |
| 18.45-19.00 | | | M&C2 B&U / J&A | M&C3 GuV / S&O |
| 19.00-19.15 | | | | |
| 19.15-19.30 | | | | |
| 19.30-19.45 | M&A1 M&S / S&O | M&B1 L&V / RuK | M&A2 M&A | M&A3 J&A DDo |
| 19.45-20.00 | | | | |
| 20.00-20.15 | | | | |
| 20.15-20.30 | | | | |
| 20.30-20.45 | | | | |
| 20.45-21.00 | TRIM (oms weds&rijd) | D3 | TRIM (oms weds&rijd) | TRIM Man |
| 21.00-21.15 | | | | |
| 21.15-21.30 | | | | |
| 21.30-21.45 | | | | |
| 21.45-22.00 | | | | |
| 22.00-22.15 | | | | |
| 22.15-22.30 | | | | |
| 22.30-22.45 | | | | |

| | Woensdag | | Donderdag | |
|-------------|---|--|---|---|
| | Veld 1 (water) | Veld 2 (water) | Veld 3 (zand) | Veld 4 (water) |
| | Veld 5 (semi) | Miniveld 1 | Miniveld 2 | |
| 14.00-14.15 | | | | |
| 14.15-14.30 | | | | |
| 14.30-14.45 | | | | F CIRCUIT 1e jaar |
| 14.45-15.00 | | | | NOVUM |
| 15.00-15.15 | E CIRCUIT | E CIRCUIT | | |
| 15.15-15.30 | 1e jaar JE | 1e jaar ME | | |
| 15.30-15.45 | | | | |
| 15.45-16.00 | E CIRCUIT | E CIRCUIT | | |
| 16.00-16.15 | 2e jaar JE | 2e jaar ME | | |
| 16.15-16.30 | | | | |
| 16.30-16.45 | | | | |
| 16.45-17.00 | | | | |
| 17.00-17.15 | Even weken: J&C3, J&C4, J&A F&W / DDo / N&D | Even weken: M&B1, M&B2 M&W / F&W / L&V O&even weken: M&C1, M&C2, M&B1, M&B2 NvD / M&B1 / F&W / DDo | Even weken: M&C4, M&C5, M&B1, M&B2 NvD / M&B1 / F&W / DDo O&even weken: J&C3, J&C4, M&A F&W / DDo / N&D | Even weken: M&C6, M&C7, M&B1, M&B2 Df / ASC / J&A / HDu O&even weken: J&C3, J&C4, M&A M&A / F&W / L&V |
| 17.15-17.30 | | | | |
| 17.30-17.45 | Even weken: M&C1, M&C2, M&B1, M&B2 Df / ASC / J&A / HDu | Even weken: M&C1, M&C2, M&B1, M&B2 NvD / M&B1 / F&W / DDo | | |
| 17.45-18.00 | | | | |
| 18.00-18.15 | | | | |
| 18.15-18.30 | Even weken: M&C1, M&C2, M&B1, M&B2 NvD / M&B1 / F&W / DDo | Even weken: M&C1, M&C2, M&B1, M&B2 NvD / M&B1 / F&W / DDo | M&A4 M&A | M&A5 DDo |
| 18.30-18.45 | NSB / W&C / S&H | Man / F&W / J&A / F&W / O&even weken op veld 5 training | o&even weken op veld 3 training | o&even weken op veld 1 training |
| 18.45-19.00 | | | | |
| 19.00-19.15 | | | | |
| 19.15-19.30 | D3&D M&A | D3 M&A | H6 | D3&E |
| 19.30-19.45 | | | | |
| 19.45-20.00 | | | | |
| 20.00-20.15 | | | | |
| 20.15-20.30 | | | | |
| 20.30-20.45 | | | | |
| 20.45-21.00 | D3&B | D3&A | D2 M&A | H4 |
| 21.00-21.15 | | | | |
| 21.15-21.30 | | | | |
| 21.30-21.45 | | | | |
| 21.45-22.00 | | | | |
| 22.00-22.15 | | | | |
| 22.15-22.30 | | | | |
| 22.30-22.45 | | | | |

| | Vrijdag | | Zaterdag | |
|-------------|----------------------|----------------|-----------------------|----------------|
| | Veld 1 (water) | Veld 2 (water) | Veld 3 (zand) | Veld 4 (water) |
| | Veld 5 (semi) | Miniveld 1 | Miniveld 2 | |
| 16.00-16.15 | | | | |
| 16.15-16.30 | | NOVUM | | |
| 16.30-16.45 | | | | |
| 16.45-17.00 | M&C5 TA1 | J&C5 T2z / BvD | J&S5 M&A / B&A | J&C6 B&O |
| 17.00-17.15 | | | Keepsportchool mini's | M&B8 F&W / S&O |
| 17.15-17.30 | | | | J&B3 NSR |
| 17.30-17.45 | | | | J&C4 J&W / DvA |
| 17.45-18.00 | | | | J&D4 TO / F&H |
| 18.00-18.15 | | | | M&C7 JvD |
| 18.15-18.30 | | | | |
| 18.30-18.45 | | | | |
| 18.45-19.00 | M&C4 NvD / TA1 | J&C3 T2z / BvD | J&S5 J&A | J&B4 B&O |
| 19.00-19.15 | | | | |
| 19.15-19.30 | | | | |
| 19.30-19.45 | H1 Mv&S Voorrang V&J | D11 | | J&B6 M&A |
| 19.45-20.00 | | | | |
| 20.00-20.15 | | | | |
| 20.15-20.30 | | | | |
| 20.30-20.45 | | | | |
| 20.45-21.00 | | | | |
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| 21.15-21.30 | | | | |
| 21.30-21.45 | | | | |
| 21.45-22.00 | | | | |
| 22.00-22.15 | | | | |