

Phasenpläne während des Schuljahres

Phase 1 (Schulwoche):

Anfang September – Anfang Oktober
Mitte März – Ende Juni

Zeit	Mo	Di	Mi	Do	Fr	Sa
7:40 – 8:30	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht
8:35 – 9:25	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht
9:30 – 10:20	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht
10:35 – 11:20	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht
11:25 – 12:10	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht
12:15 – 13:00	Unterricht	Unterricht	Unterricht	Unterricht	Unterricht	
14:00 – 14:50	Unterricht	Training	Training	Training	Training	
14:55 – 15:45	Unterricht	Training	Training	Training	Training	
15:50 – 16:40	Training	Training	Training	Training	Training	
16:45 – 17:35	Training	Training	Training	Training	Training	

Phase 2 (Trainingswoche):

Anfang Oktober – Anfang Dezember
(abwechselnd jeweils eine Trainings-
und eine Schulwoche)

Zeit	Mo	Di	Mi	Do	Fr	Sa
7:40 – 8:30	Training	Training	Training	Training	Unterricht	Unterricht
8:35 – 9:25	Training	Training	Training	Training	Unterricht	Unterricht
9:30 – 10:20	Training	Training	Training	Training	Unterricht	Unterricht
10:35 – 11:20	Training	Training	Training	Training	Unterricht	Unterricht
11:25 – 12:10	Training	Training	Training	Training	Unterricht	Unterricht
12:15 – 13:00	Training	Training	Training	Training	Unterricht	
14:00 – 14:50	Unterricht	Training	Training	Training	Training	
14:55 – 15:45	Unterricht	Training	Training	Training	Training	
15:50 – 16:40	Training	Training	Training	Training	Training	
16:45 – 17:35	Training	Training	Training	Training	Training	

Phase 3 (Winterphase):

Anfang Dezember – Mitte März

Zeit	Mo	Di	Mi	Do	Fr	Sa
7:40 – 8:30	Unterricht	Unterricht	Training	Training	Training	
8:35 – 9:25	Unterricht	Unterricht	Training	Training	Training	
9:30 – 10:20	Unterricht	Unterricht	Training	Training	Training	
10:35 – 11:20	Unterricht	Unterricht	Training	Training	Training	
11:25 – 12:10	Unterricht	Unterricht	Training	Training	Training	
12:15 – 13:00	Unterricht	Unterricht	Training	Training	Training	
14:00 – 14:50	Unterricht	Training	Training	Training		
14:55 – 15:45	Unterricht	Training	Training	Training		
15:50 – 16:40	Training	Training	Training	Training		
16:45 – 17:35	Training	Training	Training	Training		