

| Trainingsplan | | | | gültig ab 13.01.2020 | | | | | | | | | | | | | | | | | Stand 13.01.2020 | | 2019 / 2020 | | | |
|-------------------|-------|-------|--------------|----------------------|--------------|--------------|------------------|------|-------|------|------|----------|------|------|------|------|---------------|--------|--------|-----------|------------------|--|-------------|--|--|--|
| | VfB 1 | VfB 2 | 1. Herren | 2. Herren | A | B | C1 | C2 | C VfB | D1 | D2 | D3 | E1 | E2 | E3 | E4 | F1 | F1 VfB | F2 VfB | Minis VfB | Minis | | | | | |
| | | | | | 2001 2002 | 2003 2004 | 2005 | 2006 | | 2007 | 2008 | 2008 | 2009 | 2009 | 2010 | 2010 | 2011 2012 | | | | 2013 | | | | | |
| Montag | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 18:30 | | | | | | | | | | | | | | | | | 16:30 - 18:00 | | | | | | | | | |
| 18:30 - 20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 - 21:30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dienstag | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 18:30 | | | | | | | | | | | | | | | | | | | | | 16:00 - 17:30 | | | | | |
| 18:30 - 20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 - 21:30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mittwoch | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 18:30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 - 20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 - 21:30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Donnerstag | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 18:30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 - 20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 - 21:30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Freitag | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 18:30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 - 20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 - 21:30 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Samstag | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 - 12:00 | | | | | | | | | | | | | | | | | | | | | 10:00 - 12:00 | | | | | |
| Brunnen | | | Linderhausen | | | | Halle Realschule | | | | | Rennbahn | | | | | | | | | | | | | | |