

| Trainingsplan | | | | | | gültig ab 01.07.2022 | | | | | Stand 29.06.2022 | | | | | 2022/2023 | | | | | | | | |
|--------------------|-------|-------|--------|--------|--------|----------------------|------|------|------|------|------------------|----------|------|------|------|-----------|------|------|------|------|------|-------|------|------|
| | VfB 1 | VfB 2 | SpVg 1 | SpVg 2 | SpVg 3 | A | B1 | B2 | C1 | C2 | C3 | D1 | D2 | E1 | E2 | E3 | F1 | F2 | F3 | F4 | F5 | Minis | TW | |
| | | | | | | 2004 2005 | 2006 | 2007 | 2008 | 2009 | 2008 | 2010 | 2011 | 2012 | 2013 | 2012 | 2014 | 2015 | 2015 | 2015 | 2015 | 2015 | 2016 | |
| Montag | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:30 - 18:00 | | | | | | | | | | | | | | 1/4 | 1/4 | | | 1/8 | 1/8 | 1/8 | | 1/8 | | |
| 18:30 - 20:00 | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 - 21:30 | | | | | | 1/2 | | | | 1/2 | | | | | | | | | | | | | | |
| Dienstag | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 18:30 | | | | | | | | | 1/2 | 1/2 | | | | | | | | | | | | | | |
| 18:30 - 20:00 | | | 1/2 | 1/2 | | | | | | | | | | | | | | | | | | | | |
| 20:00 - 21:30 | 1/2 | 1/2 | | | | | | | | | | | | | | | | | | | | | | B1 |
| Mittwoch | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 18:30 | | | | | | | | | | | | 1/4 | 1/4 | | | 1/8 | 1/8 | | | 1/8 | 1/8 | | | |
| 18:30 - 20:00 | | | | | | | | 1/2 | | | 1/2 | | | | | | | | | | | | | |
| 20:00 - 21:30 | | | | | 1/2 | | 1/2 | | | | | | | | | | | | | | | | | 1 B |
| Donnerstag | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 18:30 | | | | | | | | | 1/2 | 1/2 | | | | | | | | | | | | | | C B2 |
| 18:30 - 20:00 | | | 1/2 | | | 1/2 | | | | | | | | | | | | | | | | | | 1 A |
| 20:00 - 21:30 | | 1/2 | | 1/2 | | | | | | | | | | | | | | | | | | | | |
| Freitag | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 18:30 | | | | | | | | | | | | 1/2 | | | 1/8 | 1/8 | 1/8 | | | 1/8 | | | | |
| 18:30 - 20:00 | | | | | | | 1/2 | 1/2 | | | | | | | | | | | | | | | | |
| 20:00 - 21:30 | 1/2 | | | | 1/2 | | | | | | | | | | | | | | | | | | | |
| Samstag | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 - 12:00 | | | | | | | | | | | | | | | | | | | | | | | | |
| Kleinfeld Rennbahn | | | | | | | | | | | | Rennbahn | | | | | | | | | | | | |