

## Plán soustředění a tréninků - Ski klub Říčky 15 - 16

| květen | červen | červenec | srpen | září | říjen | listopad | prosinec |
|--------|--------|----------|-------|------|-------|----------|----------|
| 1      | 1      | 1        | 1     | 1    | 1     | 1        | 1        |
| 2      | 2      | 2        | 2     | 2    | 2     | 2        | 2        |
| 3      | 3      | 3        | 3     | 3    | 3     | 3        | 3        |
| 4      | 4      | 4        | 4     | 4    | 4     | 4        | 4        |
| 5      | 5      | 5        | 5     | 5    | 5     | 5        | 5        |
| 6      | 6      | 6        | 6     | 6    | 6     | 6        | 6        |
| 7      | 7      | 7        | 7     | 7    | 7     | 7        | 7        |
| 8      | 8      | 8        | 8     | 8    | 8     | 8        | 8        |
| 9      | 9      | 9        | 9     | 9    | 9     | 9        | 9        |
| 10     | 10     | 10       | 10    | 10   | 10    | 10       | 10       |
| 11     | 11     | 11       | 11    | 11   | 11    | 11       | 11       |
| 12     | 12     | 12       | 12    | 12   | 12    | 12       | 12       |
| 13     | 13     | 13       | 13    | 13   | 13    | 13       | 13       |
| 14     | 14     | 14       | 14    | 14   | 14    | 14       | 14       |
| 15     | 15     | 15       | 15    | 15   | 15    | 15       | 15       |
| 16     | 16     | 16       | 16    | 16   | 16    | 16       | 16       |
| 17     | 17     | 17       | 17    | 17   | 17    | 17       | 17       |
| 18     | 18     | 18       | 18    | 18   | 18    | 18       | 18       |
| 19     | 19     | 19       | 19    | 19   | 19    | 19       | 19       |
| 20     | 20     | 20       | 20    | 20   | 20    | 20       | 20       |
| 21     | 21     | 21       | 21    | 21   | 21    | 21       | 21       |
| 22     | 22     | 22       | 22    | 22   | 22    | 22       | 22       |
| 23     | 23     | 23       | 23    | 23   | 23    | 23       | 23       |
| 24     | 24     | 24       | 24    | 24   | 24    | 24       | 24       |
| 25     | 25     | 25       | 25    | 25   | 25    | 25       | 25       |
| 26     | 26     | 26       | 26    | 26   | 26    | 26       | 26       |
| 27     | 27     | 27       | 27    | 27   | 27    | 27       | 27       |
| 28     | 28     | 28       | 28    | 28   | 28    | 28       | 28       |
| 29     | 29     | 29       | 29    | 29   | 29    | 29       | 29       |
| 30     | 30     | 30       | 30    | 30   | 30    | 30       | 30       |
| 31     | 31     | 31       | 31    | 31   | 31    | 31       | 31       |

přípravka a předž.  
 žáci , junioři  
 všichni