

Vorbereitungsprogramm FC Kickers Luzern 2. Liga interregional

Mo	11.01.10	19.00	Training Tribschen	Wartegg KR
Di	12.01.10	19.00	Training Tribschen	Lauftraining
Do	14.01.10	19.00	Training Tribschen	Lauftraining
Fr	15.01.10	19.45	Training Halle Alpenquai	Kraft / Koordination
Mo	18.01.10	19.00	Training Tribschen	Wartegg KR
Di	19.01.10	19.00	Training Tribschen	Lauftraining
Do	21.01.10	19.00	Training Tribschen	Lauftraining
Fr	22.01.10	19.45	Training Halle Alpenquai	Kraft / Koordination
Sa	23.01.10	t.b.a.	Teamevent	t.b.a.
Mo	25.01.10	19.00	Training Tribschen	KR Wartegg
Di	26.01.10	19.00	Training Tribschen	Lauftraining
Do	28.01.10	19.00	Training Tribschen	Lauftraining
Fr	29.01.10	19.45	Training Halle Alpenquai	Kraft / Koordination
Sa	30.01.10		FC Luzern U21 – FC Kickers	Allmend
So	31.01.10	12.30	FC Kickers – FC Meisterschwanden	KR Wartegg 14.00
Mo	01.02.10	19.00	Training Tribschen	KR Wartegg
Mi	03.02.10	18.30	FC Kickers – FC Emmenbrücke	Wartegg 20.00
Do	04.02.10	19.00	Training Tribschen	Lauftraining
Fr	05.02.10	19.45	Training Halle Alpenquai	Kraft / Koordination
Sa	06.02.10	09.00	FC Seefeld – FC Kickers	Zürich 11.30
Mo	08.02.10	19.00	Training Tribschen	KR Wartegg
Mi	10.02.10	18.30	FC Kickers – FC Langenthal	KR Wartegg 20.00
Fr	12.02.10	19.00	Training Tribschen	KR Wartegg
Sa	13.02.10	14.30	FC Kickers – FC Willisau	KR Wartegg 16.00
Mo	15.02.10	19.00	Training Tribschen	KR Wartegg
Mi	17.02.10	19.00	Training Tribschen	KR Wartegg
Do	18.02.10	19.00	Training Tribschen	KR Wartegg
Fr	19.02.10	18.00	FC Schattdorf – FC Kickers	Schattdorf 20.00
Mo	22.02.10	19.00	Training Tribschen	KR Wartegg
Mittwoch, 24.2.2010 – Sonntag, 28.2.2010 Trainingslager in Frankreich				
Mo	01.03.10	19.00	Training Tribschen	KR Wartegg
Mi	03.03.10	18.30	FC Kickers – FC Malters	KR Wartegg 20.00
Do	04.03.10	19.00	Training Tribschen	KR Wartegg
Sa	06.03.10		FC Kickers – FC Herzogenbuchsee	Luzern / H'buchsee
Mo	08.03.10	19.00	Training Tribschen	Tribschen / Wartegg
Mi	10.03.10	19.00	Training Tribschen	Tribschen / Wartegg
Fr	12.03.10	19.00	Training Tribschen	Tribschen / Wartegg
So	14.03.10		Team Aargau U21 – FC Kickers	Aarau KR Schachen