

Pr. oktober
2022

Træningsplan 2022/2023 Off-ice



Mandag		
15:00 – 15:45	Enetime	
15:45 – 16:30	K2 / K3	16:45 – 17:30 Off-ice
16:30 – 17:15	M1	17:30 – 18:15 Off-ice
17:15 – 17:30	Ny is	
17:30 – 18:15	TB / SS / SS+	16:30 – 17:15 Off-ice
18:15 – 19:00	F1 / F2	17:15 – 18:00 Off-ice (Kun F1)
19:00 – 19:15	Ny is	
19:15 – 20:00	K1 / F1+	18:15 – 19:00 Off-ice
20:00 – 20:45	K1+	19:00 – 19:45 Off-ice
20:45 – 21:30	GS	

Tirsdag		
15:15 – 16:00	Enetime	
16:00 – 16:45	M1	
16:45 – 17:30	K2 / K3	15:45 – 16:30 Off-ice
17:30 – 17:45	Ny is	
17:45 – 18:30	K1 / K1+	16:45 – 17:30 Off-ice
18:30 – 19:15	M1	17:30 – 18:15 Off-ice

Onsdag		
14:45 – 15:30	Enetime	
15:30 – 16:15	K2 / K3	
16:15 – 17:00	M1 / K1+ / K1	17:15 – 18:15 Off-ice (Kun K1+ / K1)

Torsdag		
15:30 – 16:15	K2 / K3	16:30 – 17:15 Off-ice
16:15 – 17:00	M1	
17:00 – 17:15	Ny is	
17:15 – 18:00	TB / SS / SS+	16:15 – 17:00 Off-ice
18:00 – 18:45	F1+ / F1 / F2	17:00 – 17:45 Off-ice
18:45 – 19:00	Ny is	
19:00 – 19:45	M1 / K1+	18:00 – 18:45 Off-ice
19:45 – 20:30	K1	18:45 – 19:30 Off-ice

Lørdag		
07:30 – 08:15	Enetime	
08:15 – 09:00	F2	
09:00 – 09:45	F1 / F1+	
14:15 – 14:30	Ny is	
14:30 – 15:15	VT	
15:15 – 16:00	K1+	
16:00 – 16:15	Ny is	
16:15 – 17:00	M1	
17:00 – 17:45	K1	
17:45 – 18:00	Ny is	
18:00 – 18:45	M1	

Søndag		
14:30 – 15:15	M1	13:15 – 14:15 Off-ice
15:15 – 16:00	K2 / K3	
16:00 – 16:15	Ny is	
16:15 – 17:00	M1	
17:00 – 17:45	F1 / F2 / SS+	16:00 – 16:45 Off-ice (Kun F2)
17:45 – 18:00	Ny is	
18:00 – 18:45	K1 / F1+	
18:45 – 19:30	K1+	