



Pr. 12. august 2024		Træningsplan 2024/ 2025	
Mandag	Is træning	Off-ICE	
6.30 - 7.15	Enetime		
7.15 - 8.00	Enetime		
15:00 – 15:45	Enetime		
15:45 – 16:30	F1 / F2	16.45 - 17.30	
16:30 – 17:15	K2 / K3 / M3 / M2	17.30 - 18.15 (ikke M2)	
17:15 – 17:30	Ny is		
17:30 – 18:15	SS	16:45-17:15	
18:15 – 19:00	TB	17:30-18:00	
19:00 – 19:15	Ny is		
19:15 – 20:00	Elite /K1+ / M1 / M2	18.15 - 19.00	
20:00 – 20:45	K1	19.00 -19.45	
20:45 – 21:30	VT2		
<b>Tirsdag</b>			
6.30 - 7.15	Enetime		
15:15 – 16:00	Enetime		
16:00 – 16:45	K2 / K3 / M2	17:00-17:45 (+ M3 )	
16:45 – 17:30	Elite / M1 / K1+	15.45 - 16.30	
17.30 - 17.45	Ny is		
17.45 - 18.30	F1 / F1+		
18.30 - 19.15	Elite / M1 / M2 / M3		
<b>Onsdag</b>			
6.30 - 7.15	Elite / M1 / M2 / M3		
7.15 - 8.00	Enetime		
14:30 – 15:15	Enetime		
15:15 - 15:30	Ny is		
15:30 – 16:15	F1+ / K1	16:30-17:15	
16:15 – 17:00	K1+	17:15-18:00	
<b>Torsdag</b>			
6.30 - 7.15	Enetime		
15:30 – 16:15	F2 / K2 / K3		
16:15 – 17:00	Elite / M1 / M2 / M3		
17:00 – 17:15	Ny is		
17:15 – 18:00	SS	16:30-17:00	
18:00 – 18:45	TB	17:15-17:45	
18:45 – 19:00	Ny is		
19:00 – 19:45	K1 / K1+	18:00-18:45	
19:45 – 20:30	Elite / M1	18:45-19:30	
<b>Lørdag</b>			
07:30 - 08:15	Enetime		
08:15 – 09:00	F2 / K2 / K3		
09:00 – 09:45	F1 / F1+	10:00-10:45	
09:45 - 10:00	Ny is		
10:00 - 10:45	VT1 / VT2	09:00-09:45	
10:45 - 11:30	K1 / K1+		
11:30 - 11:45	Ny is		
11:45 - 12:30	Elite / M1 / M2 / M3	10:45-11:30	
12:30 - 13:15	K1		
13:15 - 13:30	Ny is		
13:30 - 14:15	Elite / M1 / M2 / M3		
<b>Søndag</b>			
9.00 - 9.45	Elite		
14:30 – 15:15	K2 / K3 / M2 / M3	15:25-16:10 (+F2)	
15:15 – 16:00	Elite / M1 / K1+		
16:00 – 16:15	Ny is		
16:15 – 17:00	F2/ K2 / K3		
17:00 – 17:45	Elite / M1 / M2 / M3	18:00 - 18:45 (KUN Eliten / M1)	
17:45 – 18:00	Ny is		
18:00 – 18:45	F1		
18:45 – 19:30	K1 / F1+	17:45-18:30	