

| Pr. 1. november<br>2024 | Træningsplan 2024/ 2025 |  |  |
|-------------------------|-------------------------|---|--|
| <b>Mandag</b>           | <b>Is træning</b>       | <b>Off-ICE</b>  |  |
| 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>          |                         |   |  |
| 15:15 – 16:00           | Enetime                 |   |  |
| 16:00 – 16:45           | K2 / K3 / M2 / M3       | 17:00-17:45   |  |
| 16:45 – 17:30           | Elite / M1 / K1+        |   |  |
| 17:30 - 17:45           | Ny is                   |   |  |
| 17:45 - 18.30           | F1 / F1+                |   |  |
| 18.30 - 19.15           | Elite / M1 / M2         |   |  |
| <b>Onsdag</b>           |                         |   |  |
| 14:30 – 15:15           | Enetime                 |   |  |
| 15:15 - 15:30           | Ny is                   |   |  |
| 15:30 – 16:15           | F1+ / K1+ / K1          | 16:30-17:15   |  |
| 16:15 – 17:00           | Elite / M1 / M2 / M3    | 17:15-18:00   |  |
| <b>Torsdag</b>          |                         |   |  |
| 15:30 – 16:15           | F2 / K2 / K3            | 16.30 - 17.15   |  |
| 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              |   |  |
| <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                   |   |  |
| 14:30 - 15:15           | VT1 / VT2               | 13:30 - 14:15   |  |
| 15:15 - 16:00           | K1 / K1+                |   |  |
| 16:00 - 16:15           | Ny is                   |   |  |
| 16:15 - 17:00           | Elite / M1 / M2 / M3    | 15:15 - 16:00   |  |
| 17:00 - 17:45           | K1                      |   |  |
| 17:45 - 18:00           | Ny is                   |   |  |
| 18:00 - 18:45           | Elite / M1 / M2 / M3    |   |  |
| <b>Søndag</b>           |                         |   |  |
| 9.00 - 9.45             | Elite                   |   |  |
| 14:30 – 15:15           | K2 / K3 / M2 / M3       |   |  |
| 15:15 – 16:00           | Elite / M1 / K1+        | 14:15 - 15:00   |  |
| 16:00 – 16:15           | Ny is                   |   |  |
| 16:15 – 17:00           | F2 / K2 / K3            |   |  |
| 17:00 – 17:45           | Elite / M1 / M2 / M3    |   |  |
| 17:45 – 18:00           | Ny is                   |   |  |
| 18:00 – 18:45           | K1 / F1+                | 17.00 - 17.45   |  |
| 18:45 – 19:30           | F1                      |   |  |