TRÆNINGSPLAN EFTERÅR 2026

GÆLDENDE: 1.7.2026 - 18.10.2026

Bane 2	Bane 3	Bane 16	Bane 5AB	Bane 5CD	Bane 6	Bane 7	Bane 8A	Bane 8B-E
11M	11M	11M	1 x 8M / 2 x 5M	1 x 8M / 2 x 5M	1 x 8M	1 x 8M	1 x 5M	4 x 3M

MANDAG

Bane 2	Bane 3	Bane 16	Bane 5AB	Bane 5CD	Bane 6	Bane 7	Bane 8A	Bane 8B-E
1. Holdet Herrer DS	U16 Drenge 2011	U13 Drenge 2014	U8 Drenge 2019	U10 Drenge 2017	U11 Drenge 2016	U11 Drenge 2016	U9 Drenge 2018	U9 Drenge 2018
	U15 Drenge 2012	Transition Herrer	KAMP BANE		KAMP BANE			
KAMP BANE			Old Boys +32					

TIRSDAG

Bane 2	Bane 3	Bane 16	Bane 5AB	Bane 5CD	Bane 6	Bane 7	Bane 8A	Bane 8B-E
1. & 2. Holdet Herrer DS & JS	U14 Drenge 2013	U15-U16 Piger 2011/12	U13 Drenge 2014	U12 Drenge 2015	U12-14 Piger 2013/14/15	U9-11 Piger 2016/17/18		
	3. Holdet Herrer S2		Transition Herrer	4. Holdet Herrer S4				

ONSDAG

Bane 2	Bane 3	Bane 16	Bane 5AB	Bane 5CD	Bane 6	Bane 7	Bane 8A	Bane 8B-E
KAMP BANE	U16 Drenge 2011		U9 Drenge 2018	U10 Drenge 2017	U11 Drenge 2016	U11 Drenge 2016	U7 Drenge 2020	U8 Drenge 2019
	U15 Drenge 2012			1. Holdet Kvinder S2				

TORSDAG

Bane 2	Bane 3	Bane 16	Bane 5AB	Bane 5CD	Bane 6	Bane 7	Bane 8A	Bane 8B-E
1. & 2.Holdet Herrer DS & JS	U14 Drenge 2013	U15-U16 Piger 2011/12	U13 Drenge 2014	U12 Drenge 2015	U12-14 Piger 2013/14/15	U9-11 Piger 2016/17/18		
	3. Holdet Herrer S2		Transition Herrer	4. Holdet Herrer S3				
KAMP BANE								

FREDAG

Bane 2	Bane 3	Bane 16	Bane 5AB	Bane 5CD	Bane 6	Bane 7	Bane 8A	Bane 8B-E
KAMP BANE	Talentcenter	Talentcenter	Talentcenter	Talentcenter				
			KAMP BANE					

LØRDAG

Bane 2	Bane 3	Bane 16	Bane 5AB	Bane 5CD	Bane 6	Bane 7	Bane 8A	Bane 8B-E
KAMP BANE	Old Boys		Store Oddere Mix 2021/22	Store Oddere Mix 2021/22	Små Oddere Mix 2023/24	Små Oddere Mix 2023/24		
			KAMP BANE				U7 Drenge 2020	