

### Treningstider vår 2018

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ELITE SR</b>	SW		6:00-8:00			6:00-8:00	9:00-11:30	9:00-11:00
	SW	17:30-19:30		18:00-20:45	18:30-20:45	16:00-17:30	11:30-14:00	
	DL	16:30-17:30		17:00-18:00	17:30-18:30	17:30-18:30		
<b>ELITE JR</b>	SW		6:00-8:00			6:00-8:00	9:00-11:30	9:00-11:00
	SW	16:00-18:00		16:00-18:00	16:00-18:00	16:00-17:30	11:30-14:00	
	DL	18:00-19:00		18:00-19:00	18:00-19:00	17:30-18:30		
<b>ELITE UNG</b>					6:00-8:00	6:00-8:00	9:00-11:30	9:00-11:00
	SW	16:00-17:30	16:00-18:00	16:00-17:30		17:30-19:30	11:30-14:00	
	DL	17:30-18:15	18:00-18:45	17:30-18:15		16:45-17:30		
<b>SPEED ELITE</b>						6:00-8:00	Invitation	
	SW	19:30-20:45	16:00-17:30	19:00-20:45	16:00-17:30			
	DL	18:30-19:30	17:30-18:15	18:15-19:00	17:30-18:30			
<b>SPEED TRN 1&amp;2</b>	SW			(2) 16:00-17:00		19:30-20:45		13:00-14:30
	DL			(2) 15:30-16:00		19:00-19:30		
	SW			(1) 17:00-18:00				
	DL			(1) 18:00-18:30				
<b>KONK 1&amp;2</b>	SW	18:00-19:30	17:30-18:30	17:30-19:00		18:30-19:30		16:45-17:45
	DL	17:15-18:00	18:30-19:00	19:00-19:30		18:00-18:30		
<b>START</b>	SW		17:30-18:30		17:30-18:30	17:30-18:30		15:45-16:45
	DL		17:00-17:30		17:00-17:30	17:00-17:30		
<b>INTRO</b>	SW		18:30-19:30					14:45-15:45
	DL		19:30-20:00					14:15-14:45
<b>MASTERS</b>	SW	6:00-8:00	19:30-20:45	6:00-8:00	6:00-8:00	19:30-20:45	14:00-15:30	
						*		
<b>INTEGRATE</b>	SW			18:00-19:00			14:00-15:30	

#### Make-up session

Risenga

No Trainer (\*på fre. vil Rolf være der noen ggr)

#### Times/Days will rotate each week

Start times	week 1	week 2	week 3
Saturday (early) 9:00	E JR	E UNG	E SR
Saturday (late) 11:30	E SR	E JR	E UNG
Sunday 9:00	E UNG	E SR	E JR