

ASKER SVØMMEKLUBB treningsplan								
august 2018		mandag	tirsdag	onsdag	torsdag	fredag	lordag	sondag
ELITE SENIOR	SW	06:00-7:45		06:00-07:45		06:00-07:45	ROTATE	
	SW	16:00-17:45	16:00-18:30	TBA	17:45-20:15	ROTATE		
	DL	17:45-19:00	18:30-19:45	TBA	16:30-17:45	TBA	TBA	
ELITE JUNIOR	SW	06:00-07:45		06:00-07:45			ROTATE	
	SW	17:45-19:15	18:30-20:15		19:30-21:45	ROTATE		
	DL	19:15-20:15	17:45-18:45	TBA	INCLUDED	TBA	TBA	
SPEED ELITE	SW	17:45-19:15	18:30-20:15	16:00-18:00	19:30-21:45	ROTATE	INVITE	
	DL	19:15-20:15	17:45-18:45		INCLUDED	TBA	INVITE	
ELITE UNGDOM (blå)	SW	18:00-19:45 (RIS)	06:00-07:45	18:45-20:45	16:00-17:45	ROTATE	ROTATE	
	DL	17:15-18:00 (RIS)		17:45-18:45	17:45-18:45	TBA	TBA	
ELITE UNGDOM (rød)	SW	18:00-19:45 (RIS)	06:00-07:45	16:00-17:45	16:00-17:45	ROTATE	ROTATE	
	DL	17:15-18:00 (RIS)		17:45-18:45	17:45-18:45	TBA	TBA	
KONKURRANSE (blå)	SW	19:45-20:45 (RIS)	18:45-20:15	19:15-20:45		17:45-19:00		16:15-17:45
	DL	19:15-19:45 (RIS)	18:15-18:45	18:45-19:15				
KONKURRANSE (rød)	SW	19:45-20:45 (RIS)	16:00-17:30	18:00-19:15		17:45-19:00		16:15-17:45
	DL	19:15-19:45 (RIS)	17:30-18:00	17:30-18:00				
START	SW	16:00-17:00 (RIS)	17:30-18:45			17:45-19:00		15:00-16:15
	DL	17:00-17:20 (RIS)	17:00-17:20					
INTRO (blå)	SW	17:00-18:00 (RIS)	16:00-17:00			17:45-19:00		15:00-16:15
	DL	18:00-18:20 (RIS)	17:00-17:20					
INTRO (rød)	SW	16:00-17:00 (RIS)	16:00-17:00			17:45-19:00		15:00-16:15
	DL	17:00-17:20 (RIS)	17:00-17:20					
SPEED TRAIN	SW	16:30-18:00 (RIS)		19:15-20:45 (RIS)				
INTEGRATE	SW			17:30-18:30 (RIS)			14:00-15:00	
MASTERS	SW		20:15-21:45	17:45-19:45 (RIS)	06:00-07:45		16:00-17:45	
SYNKRON	SW	19:15-20:45	06:30-07:45 (RIS)	16:00-17:45 (RIS)	19:30-20:45 (RIS)			09:00-12:00
STUP	SW	16:30-19:00 (RIS)	18:30-20:00 (RIS)					

ROTATION (fredag/lordg)		fredag	lordag
ELITE SR & JR rotation 1	SW	16:00-17:45	09:00-12:00
	DL	TBA	TBA
ELITE UNG rotation 1	SW	19:00-20:45	11:30-14:00
	DL	TBA	TBA
ELITE SR & JR rotation 2	SW	19:00-20:45	11:00-14:00
	DL	TBA	TBA
ELITE UNG rotation 2	SW	16:00-17:45	09:00-11:00
	DL	TBA	TBA

RISENGA svømmehall
LAND TRAINING in svømmehall
NO TRAINER