

ASKER SVØMMEKLUBB treningsplan											
revidert (20.09.2018)		mandag	tirsdag	onsdag	torsdag	fredag (oddetall)	fredag (partall)	lørdag (oddetall)	lørdag (partall)	søndag (oddetall)	søndag (partall)
ELITE SENIOR	SW	06:00-8:00		06:00-08:00		06:00-08:00	06:00-08:00	09:00-12:00	11:00-14:00		
	DL	16:00-17:45	16:00-18:30	TBA	17:45-20:15	TBA	TBA	TBA	TBA		
ELITE JUNIOR	SW	06:00-08:00		06:00-08:00				12:00-14:30			09:30-12:00
	DL	19:15-20:45	18:00-20:00		19:30-21:45	TILDELT	TILDELT	TBA			TBA
SPEED ELITE	SW	16:45-17:45	17:00-18:00	TBA	16:30-17:45	16:00-18:00	18:45-20:45				
	DL	19:15-20:45	18:00-20:00	16:00-18:00	06:30-08:00	TILDELT	TILDELT	INVITASJON			INVITASJON
ELITE UNGDOM (blå)	SW	18:15-19:15	17:00-18:00	18:00-18:45		TBA	TBA				
	DL	17:45-19:15	17:00-18:00	18:00-18:45	16:00-17:45	19:00-20:45	16:00-17:45		09:00-11:00	09:30-11:30	
ELITE UNGDOM (rød)	SW	16:45-17:45	17:00-18:00	17:45-18:45	17:45-18:45	17:45-18:45	17:45-18:45		TBA	TBA	
	DL	17:45-19:15	16:00-07:45	16:00-17:45	16:00-17:45	18:00-19:00	17:45-18:45		09:00-11:00	09:30-11:30	
KONKURRANSE (blå)	SW	16:45-17:45	17:00-18:00	17:45-18:45	17:45-18:45	18:00-19:00	17:45-18:45				
	DL	19:15-20:45 (RIS)	16:00-17:30	19:15-20:45		18:00-19:00	17:45-18:45			13:00-14:45	15:45-17:30
KONKURRANSE (rød)	SW	18:45-19:15 (RIS)	17:30-18:00	18:45-19:15						14:45-15:45	14:45-15:30
	DL	19:15-20:45 (RIS)	16:00-17:30	17:45-19:00		18:00-19:00	17:45-18:45			13:00-14:45	15:45-17:30
START	SW	18:45-19:15 (RIS)	17:30-18:00	17:15-17:45						14:45-15:45	14:45-15:30
	DL	16:30-18:00 (RIS)	17:00-19:00			18:00-19:00	17:45-18:45			16:00-17:30	13:00-14:30
INTRO	SW	16:00-16:30 (RIS)	INKLUDERT							14:45-15:45	14:45-15:30
	DL	16:00-17:00 (RIS)	16:00-17:00			18:00-19:00	17:45-18:45			14:45-16:00	14:30-15:45
BANER	SW	17:00-17:20 (RIS)	17:00-17:20							16:00-16:30	15:45-16:15
	DL										
SPEED TRAIN	SW	17:45-19:15 RIS (bane 4-5)		19:15-20:45 RIS (bane 5-6)							
INTEGRATE	SW			17:30-18:30 RIS (bane 6)				14:00-15:00 (bane 1-2)			
MASTERS	SW		20:15-21:45	17:45-19:45 RIS (bane 4-5)	06:00-08:00 (bane 1-2-3-4)			16:00-17:45 (bane 1-2-3-4)			
SYNKRON	SW	17:00-20:00 RIS (bane 6)	18:30-20:00 (bane 6-7-8)	16:00-17:45 RIS (bane 4-5-6)	19:30-20:45 RIS (bane 4-5-6)					07:00-09:00 (ENTIRE POOL)	
	SW	19:00-20:00 (STUP)								09:00-09:30 (bane 1-2-3-4)	
STUP	SW	16:30-19:00 RIS (stup)	18:30-20:00 (RIS STUP)								
ASK TRI	SW		06:30-08:00 RIS (bane 5-6)		20:15-21:45 (bane 3-4)						
	SW		19:00-21:45 (bane 1-2 73?)								
DOLPH MAST	SW		20:00-21:45 (bane 7-8)		20:15-21:45 (bane 1-2)						

MODIFIED
 ODD NUMBERED WEEKS (week numbers 33-35-37-39-etc...)
 EVEN NUMBERED WEEKS (week numbers 33-35-37-39-etc...)