

Träningstider sommar Simklubben Sydsim 2024



	Dag	Total träningstid	Uppvärmning	Simning	Land/stretch
Simiaden Yngre	17/6 (v.25)	16.45-18.00	16.45-17.00	17.00-18.00	---
	19/6 (v.25)	16.45-18.00	16.45-17.00	17.00-18.00	---
	20/6 (v.25)	17.45-19.00	17.45-18.00	18.00-19.00	---
	24/6 (v.26)	16.00-17.15	16.00-16.15	16.15-17.15	---
	26/6 (v.26)	16.00-17.15	16.00-16.15	16.15-17.15	---
	27/6 (v.26)	17.45-19.00	17.45-18.00	18.00-19.00	---
	29/7 (v.31)	16.00-17.15	16.00-16.15	16.15-17.15	---
	30/7 (v.31)	16.00-17.15	16.00-16.15	16.15-17.15	---
	2/8 (v.31)	16.00-17.15	16.00-16.15	16.15-17.15	---
	5/8 (v.32)	16.00-17.15	16.00-16.15	16.15-17.15	---
	6/8 (v.32)	16.00-17.15	16.00-16.15	16.15-17.15	---
	8/8 (v.32)	17.45-19.00	17.45-18.00	18.00-19.00	---
	13/8 (v.33)	16.00-17.15	16.00-16.15	16.15-17.15	---
	15/8 (v.33)	17.45-19.00	17.45-19.00	18.00-19.00	---
	16/8 (v.33)	16.00-17.15	16.00-16.15	16.15-17.15	---

Utmanaren Yngre	Dag	Total träningstid	Uppvärmning	Simning	Land/stretch
	17/6 (v.25)	16.45-18.00	16.45-17.00	17.00-18.00	---
	20/6 (v.25)	17.45-19.00	17.45-18.00	18.00-19.00	---
	24/6 (v.26)	16.00-17.15	16.00-16.45	16.15-17.15	---
	27/6 (v.26)	17.45-19.00	17.45-18.00	18.00-19.00	---
	29/7 (v.31)	16.00-17.15	16.00-16.15	16.15-17.15	---
	1/8 (v.31)	17.45-19.00	17.45-18.00	18.00-19.00	---
	5/8 (v.32)	16.00-17.15	16.00-16.15	16.15-17.15	---
	8/8 (v.32)	17.45-19.00	17.45-18.00	18.00-19.00	---
	15/8 (v.33)	17.45-19.00	17.45-18.00	18.00-19.00	---

Simiaden Äldre	Dag	Total träningstid	Uppvärmning	Simning	Land/stretch
	17/6 (v.25)	16.45-18.15	16.45-17.00	17.00-18.00	18.00-18.15
	19/6 (v.25)	16.45-18.15	16.45-17.00	17.00-18.00	18.00-18.15
	20/6 (v.25)	16.00-17.15	16.00-16.15	16.15-17.15	---
	24/6 (v.26)	16.00-17.30	16.00-16.15	16.15-17.15	17.15-17.30
	26/6 (v.26)	16.00-17.30	16.00-16.15	16.15-17.15	17.15-17.30
	27/6 (v.26)	16.00-17.15	16.00-16.15	16.15-17.15	---
	29/7 (v.31)	16.00-18.00	16.00-16.15	16.15-17.45	17.45-18.00
	30/7 (v.31)	16.00-17.30	16.00-16.15	16.15-17.15	17.15-17.30
	2/8 (v.31)	16.00-17.15	16.00-16.15	16.15-17.15	---
	5/8 (v.32)	16.00-18.00	16.00-16.15	16.15-17.45	17.45-18.00
	6/8 (v.32)	16.00-17.30	16.00-16.15	16.15-17.15	17.15-17.30
	8/8 (v.32)	17.45-19.15	17.45-18.00	18.00-19.00	19.00-19.15
	13/8 (v.33)	16.00-17.30	16.00-16.15	16.15-17.15	17.15-17.30

	15/8 (v.33)	16.00-17.15	16.00-16.15	16.15-17.15	---
	16/8 (v.33)	16.00-17.30	16.00-16.15	16.15-17.15	17.15-17.30

	Dag	Total träningstid	Uppvärmning	Simning	Land/stretch
Utmanaren Äldre	18/6 (v.25)	16.45-18.00	16.45-17.00	17.00-18.00	---
	20/6 (v.25)	17.00-18.15	17.00-17.15	17.15-18.15	---
	25/6 (v.26)	16.00-17.15	16.00-16.15	16.15-17.15	---
	27/6 (v.26)	17.00-18.15	17.00-17.15	17.15-18.15	---
	29/7 (v.31)	16.00-18.00	16.00-16.15	16.15-17.45	17.45-18.00
	30/7 (v.31)	16.00-17.30	16.00-16.15	16.15-17.15	17.15-17.30
	1/8 (v.31)	17.45-19.00	17.45-18.00	18.00-19.00	---
	5/8 (v.32)	16.00-18.00	16.00-16.15	16.15-17.45	17.45-18.00
	6/8 (v.32)	16.00-17.30	16.00-16.15	16.15-17.15	17.15-17.30
	8/8 (v.32)	17.45-19.15	17.45-18.00	18.00-19.00	19.00-19.15
	13/8 (v.33)	16.00-17.30	16.00-16.15	16.15-17.15	17.15-17.30
	15/8 (v.33)	17.00-18.15	17.00-17.15	17.15-18.15	---

	Dag	Total träningstid	Uppvärmning	Simning	Land/stretch h
Sumsim	20/6 (v.25)	15.45-18.15	15.45-16.15	16.15-18.00	18.00-18.15
	24/6 (v.26)	08.00-10.45	08.00-08.30	08.30-10.30	10.30-10.45
	25/6 FM (v.26)	06.45-09.15	06.45-07.00	07.00-09.00	09.00-09.15
	25/6 EM (v.26)	15.00-17.30	15.00-15.30	15.30-17.15	17.15-17.30
	26/6 (v.26)	13.45-15.30	13.45-14.15	14.15-15.15	15.15-15.30
	27/6 FM (v.26)	06.45-09.15	06.45-07.00	07.00-09.00	09.00-09.15
	27/6 EM (v.26)	15.45-18.15	15.45-16.15	16.15-18.00	18.00-18.15

	29/7 (v.31)	11.00-13.15	11.00-11.30	11.30-13.00	13.00-13.15
	30/7 (v.31)	11.00-13.15	11.00-11.30	11.30-13.00	13.00-13.15
	1/8 (v.31)	11.00-13.15	11.00-11.30	11.30-13.00	13.00-13.15
	2/8 (v.31)	11.00-13.15	11.00-11.30	11.30-13.00	13.00-13.15
	5/8 (v.32)	11.00-13.15	11.00-11.30	11.30-13.00	13.00-13.15
	6/8 (v.32)	11.00-13.15	11.00-11.30	11.30-13.00	13.00-13.15
	8/8 (v.32)	11.00-13.15	11.00-11.30	11.30-13.00	13.00-13.15
	13/8 (v.33)	11.00-13.15	11.00-11.30	11.30-13.00	13.00-13.15
	14/8 (v.33)	15.45-18.15	15.45-16.00	16.00-18.00	18.00-18.15
	15/8 (v.33)	16.00-18.15	16.00-16.15	16.15-18.00	18.00-18.15
	16/8 (v.33)	16.00-18.15	16.00-16.15	16.15-18.00	18.00-18.15

DM/JSM/SM	Dag	Total träningstid	Uppvärmning	Simning	Land/stretch
	20/6 FM (v.25)	06.00-08.15	06.00-06.15	06.15-08.00	08.00-08.15
	20/6 EM (v.25)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15
	23/6 (v.25)	09.00-12.45	09.00-09.30	09.30-12.30	12.30-12.45
	24/6 (v.26)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15
	25/6 FM (v.26)	06.45-09.15	06.45-07.00	07.00-09.00	09.00-09.15
	25/6 EM (v.26)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15
	26/6 (v.26)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15
	27/6 FM (v.26)	06.45-09.15	06.45-07.00	07.00-09.00	09.00-09.15
	27/6 EM (v.26)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15
	1/7 (v.27)	11.30-14.15	11.30-12.00	12.00-14.00	14.00-14.15
	29/7 (v.31)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15
	30/7 (v.31)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15
	1/8 (v.31)	15.30-18.15	15.30-16.00	16.00-18.00	18.00-18.15
	2/8 (v.31)	16.45-18.45	16.45-17.15	17.15-18.30	18.30-18.45
	5/8 (v.32)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15

	6/8 (v.32)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15
	8/8 (v.32)	15.30-18.15	15.30-16.00	16.00-18.00	18.00-18.15
	13/8 FM (v.33)	06.15-08.15	06.15-06.30	06.30-08.00	08.00-08.15
	13/8 EM (v.33)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15
	14/8 (v.33)	15.30-18.15	15.30-16.00	16.00-18.00	18.00-18.15
	15/8 (v.33)	16.45-19.15	16.45-17.15	17.15-19.00	19.00-19.15
	16/8 (v.33)	15.45-18.15	15.45-16.15	16.15-18.00	18.00-18.15

Masters	Dag	Total träningstid	Uppvärmning	Simning	Land/stretch
	17/6 (v.25)	17.15-19.00	---	17.15-19.00	---
	19/6 (v.25)	18.00-19.00	---	18.00-19.00	---
	24/6 (v.26)	17.15-19.00	---	17.15-19.00	---
	26/6 (v.26)	18.00-19.00	---	18.00-19.00	---
	29/6 (v.26)	11.30-13.00	---	11.30-13.00	---
	29/7 (v.31)	17.45-19.00	---	17.45-19.00	---
	31/7 (v.31)	18.00-19.00	---	18.00-19.00	---
	3/8 (v.31)	10.00-12.00	---	10.00-12.00	---
	5/8 (v.32)	17.45-19.00	---	17.45-19.00	---
	7/8 (v.32)	18.00-19.00	---	18.00-19.00	---
	12/8 (v.33)	17.45-19.00	---	17.45-19.00	---
	14/8 (v.33)	18.00-19.00	---	18.00-19.00	---
	17/8 (v.33)	10.00-12.00	---	10.00-12.00	---