

# Tränings­tider 4 maj - 31 augusti 2026



## A-plan

|       | Måndag          | Tisdag                   | Onsdag                                         | Torsdag                               | Fredag         | Lördag  | Söndag  |
|-------|-----------------|--------------------------|------------------------------------------------|---------------------------------------|----------------|---------|---------|
| 09.00 |                 |                          |                                                |                                       |                | Bollkul | Bollkul |
| 10.00 |                 |                          |                                                |                                       |                |         |         |
| 11.00 |                 |                          |                                                |                                       |                |         |         |
| 12.00 |                 |                          |                                                |                                       |                |         |         |
| 13.00 |                 |                          |                                                |                                       |                |         |         |
| 14.00 |                 |                          |                                                |                                       |                |         |         |
| 15.00 |                 |                          |                                                |                                       |                |         |         |
| 16.00 |                 |                          |                                                |                                       | F2015          |         |         |
| 16.30 |                 |                          |                                                |                                       | F2015          |         |         |
| 17.00 | Dam J B / P2014 | F2016 / Dam J G (Amb)    | P2012 / P2013 /<br>Individuell träning         | F2012 / F2013                         | Match          |         |         |
| 17.30 | Dam J B / P2014 | F2016 / Dam J G<br>(Amb) | P2012 / P2013                                  | F2012 / F2013                         | Match          |         |         |
| 18.00 | Dam J B / Dam A | Dam J G / (Amb)          | P2012 / P2013 /<br>Dam A / Dam U<br>(+Dam J B) | F2012 / F2013 /<br>Dam A              | Match / Herr U |         |         |
| 18.30 | Dam A / Herr A  | Herr A                   | Dam A / Dam U                                  | Dam A / Herr A                        | Match / Herr U |         |         |
| 19.00 | Dam A / Herr A  | Herr A                   | Dam A / Dam U                                  | Dam A / Herr A                        | Match / Herr U |         |         |
| 19.30 | Herr A / Herr U | Herr A                   | Herr 3 / Herr U                                | Herr A / Dam J G /<br>Dam J B / Dam U | Match          |         |         |
| 20.00 | Herr U / Dam U  | Dam U /                  | Herr 3 / Herr U                                | Dam J G / Dam J<br>B / Dam U          | Match          |         |         |
| 20.30 | Herr U / Dam U  | Dam U /                  | Herr 3 / Herr U                                | Dam J G / Dam J<br>B / Dam U          | Match          |         |         |
| 21.00 | Dam U           |                          |                                                |                                       | Match          |         |         |

## B-plan

|       | Måndag           | Tisdag        | Onsdag         | Torsdag                                                      | Fredag | Lördag          | Söndag |
|-------|------------------|---------------|----------------|--------------------------------------------------------------|--------|-----------------|--------|
| 09.00 |                  |               |                |                                                              |        | P2018 Röd / Vit |        |
| 10.00 |                  |               |                |                                                              |        |                 |        |
| 11.00 |                  |               |                |                                                              |        |                 |        |
| 12.00 |                  |               |                |                                                              |        |                 |        |
| 13.00 |                  |               |                |                                                              |        |                 |        |
| 14.00 |                  |               |                |                                                              |        |                 |        |
| 15.00 |                  |               |                |                                                              |        |                 |        |
| 16.00 |                  |               |                |                                                              |        |                 |        |
| 17.00 | P2016            | F2019 / P2013 | P2016          | P2015 / P2018 vit                                            |        |                 |        |
| 18.00 | Herr J / P2011   | Match         | F2012 / F2013  | Herr J / P2011                                               | Herr U |                 |        |
| 19.30 | Dam J G / Herr 3 | Match         | Herr J / P2011 | Dam J G / (Dam J B<br>och Dam U) (helplan<br>varannan vecka) |        |                 |        |

## E-plan

|       | Måndag | Tisdag | Onsdag                               | Torsdag                              | Fredag              | Lördag  | Söndag  |
|-------|--------|--------|--------------------------------------|--------------------------------------|---------------------|---------|---------|
| 09.00 |        |        |                                      |                                      |                     | Bollkul | Bollkul |
| 10.00 |        |        |                                      |                                      |                     |         |         |
| 11.00 |        |        |                                      |                                      |                     |         |         |
| 12.00 |        |        |                                      |                                      |                     |         |         |
| 13.00 |        |        |                                      |                                      |                     |         |         |
| 14.00 |        |        |                                      |                                      |                     |         |         |
| 15.00 |        |        |                                      |                                      | F2012/F2013 (16.30) |         |         |
| 16.00 |        |        | Individuell träning / Mv-<br>träning | Individuell träning / Mv-<br>träning | F2012/F2013         |         |         |
| 17.00 |        | F2015  | Dam J B                              | F2014                                | F2012/F2013         |         |         |
| 18.00 | F2013  | P2015  | F2014                                | P2014                                | Match               |         |         |
| 19.00 | P2012  | P2014  | Match                                | P2013                                | Match               |         |         |
| 20.00 | F2012  |        | Match                                | P2012                                | Match               |         |         |
| 21.00 |        |        | Match                                |                                      | Match               |         |         |

## C-plan

|       | Måndag | Tisdag | Onsdag      | Torsdag | Fredag | Lördag | Söndag |
|-------|--------|--------|-------------|---------|--------|--------|--------|
| 09.00 |        |        |             |         |        | P2019  | F2019  |
| 10.00 |        |        |             |         |        |        |        |
| 11.00 |        |        |             |         |        |        |        |
| 12.00 |        |        |             |         |        |        |        |
| 13.00 |        |        |             |         |        |        |        |
| 14.00 |        |        |             |         |        |        |        |
| 15.00 |        |        |             |         |        |        |        |
| 16.00 |        |        |             |         |        |        |        |
| 17.00 | P2017  | P2019  | P2018 röd   | P2017   |        |        |        |
| 18.00 | P2015  | Match  | F2016       | P2016   |        |        |        |
| 19.00 | F2016  | Match  |             | F2015   |        |        |        |
| 20.00 |        | Match  | Dam 7-mot-7 |         |        |        |        |
| 21.00 |        |        |             |         |        |        |        |

## D-plan

|       | Måndag | Tisdag    | Onsdag           | Torsdag | Fredag | Lördag | Söndag |
|-------|--------|-----------|------------------|---------|--------|--------|--------|
| 09.00 |        |           |                  |         |        | F2018  |        |
| 10.00 |        |           |                  |         |        |        |        |
| 11.00 |        |           |                  |         |        |        |        |
| 12.00 |        |           |                  |         |        |        |        |
| 13.00 |        |           |                  |         |        |        |        |
| 14.00 |        |           |                  |         |        |        |        |
| 15.00 |        |           |                  |         |        |        |        |
| 16.00 |        |           |                  |         |        |        |        |
| 17.00 | F2017  | P2018 vit | F2017            | F2018   |        |        |        |
| 18.00 | P2015  | P2018 röd | F2014 (om match) | P2016   |        |        |        |
| 19.00 | F2016  |           |                  |         |        |        |        |
| 20.00 |        |           |                  |         |        |        |        |
| 21.00 |        |           |                  |         |        |        |        |

## Sammanställning

|             | Måndag            | Tisdag          | Onsdag                                 | Torsdag           | Fredag          | Lördag          | Söndag          |
|-------------|-------------------|-----------------|----------------------------------------|-------------------|-----------------|-----------------|-----------------|
| Herr A      | 18.30-20.00 (A)   | 18.30-20.00 (A) |                                        | 18.30-20.00 (A)   |                 |                 |                 |
| Herr U      | 19.30-21.00 (A)   |                 | 19.30-21.00 (A)                        |                   | 18.00-19.30 (B) |                 |                 |
| Herr 3      | 19.30-21.00 (B)   |                 | 19.30-21.00 (A)                        |                   |                 |                 |                 |
| Herr J      | 18.00-19.30 (B)   |                 | 19.30-21.00 (B)                        | 18.00-19.30 (B)   |                 |                 |                 |
| P2011       | 18.00-19.30 (B)   |                 | 19.30-21.00 (B)                        | 18.00-19.30 (B)   |                 |                 |                 |
| P2012       | 19.00-20.00 (E)   |                 | 17.00-18.30 (A)                        | 20.00-21.00 (E)   |                 |                 |                 |
| P2013       |                   | 17.00-18.00 (B) | 17.00-18.30 (A)                        | 19.00-20.00 (E)   |                 |                 |                 |
| P2014       | 17.00-18.00 (A)   | 19.00-20.00 (E) |                                        | 18.00-19.00 (E)   |                 |                 |                 |
| P2015       | 18.00-19.00 (C+D) | 18.00-19.00 (E) |                                        | 17.00-18.00 (B)   |                 |                 |                 |
| P2016       | 17.00-18.00 (B)   |                 | 17.00-18.00 (B)                        | 18.00-19.00 (C+D) |                 |                 |                 |
| P2017       | 17.00-18.00 (C)   |                 |                                        | 17.00-18.00 (C)   |                 |                 |                 |
| P2018 vit   |                   | 17.00-18.00 (D) |                                        | 17.00-18.00 (B)   |                 | 09.00-10.00 (B) |                 |
| P2018 röd   |                   | 18.00-19.00 (D) | 17.00-18.00 (C)                        |                   |                 | 09.00-10.00 (B) |                 |
| P2019       |                   | 17.00-18.00 (C) |                                        |                   |                 | 09.00-10.00 (C) |                 |
| Dam A       | 18.00-19.30 (A)   |                 | 18.00-19.30 (A)                        | 18.00-19.30 (A)   |                 |                 |                 |
| Dam U       | 20.00-21.30 (A)   | 20.00-21.00 (A) | 18.00-19.30 (A)                        | 19.30-21.00 (B/A) |                 |                 |                 |
| Dam 7-mot-7 |                   |                 | 20.00-21.00 (C)                        |                   |                 |                 |                 |
| Dam J Blå   | 17.00-18.30 (A)   |                 | 17.00-18.30 (E)+A)                     | 19.30-21.00 (B/A) |                 |                 |                 |
| Dam J Grön  | 19.30-21.00 (B)   | 17.00-18.30 (A) |                                        | 19.30-21.00 (B/A) |                 |                 |                 |
| F2012       | 20.00-21.00 (E)   |                 | 18.00-19.30 (B)                        | 17.00-18.30 (A)   |                 |                 |                 |
| F2013       | 18.00-19.00 (E)   |                 | 18.00-19.30 (B)                        | 17.00-18.30 (A)   |                 |                 |                 |
| F2014       | 19.00-20.00 (C)   |                 | 18.00-19.00 (E)<br>(18-19 D (om match) | 17.00-18.00 (E)   |                 |                 |                 |
| F2015       |                   | 17.00-18.00 (E) |                                        | 19.00-20.00 (C)   | 19.00-20.00 (C) |                 |                 |
| F2016       | 19.00-20.00 (D)   |                 | 18.00-19.00 (C)                        | 17.00-18.00 (B)   |                 |                 |                 |
| F2017       | 17.00-18.00 (D)   |                 | 17.00-18.00 (D)                        |                   |                 |                 |                 |
| F2018       |                   |                 |                                        | 17.00-18.00 (D)   |                 | 09.00-10.00 (D) |                 |
| F2019       |                   | 17.00-18.00 (B) |                                        |                   |                 |                 | 09.00-10.00 (C) |