Træningsplan, forår 2026 3.ed

| | 1A+1B Bag Bane 1 Ned mod klubhuset | 1C+1D Bag Bane 1 Op mod kunsten | 2A Mod klubhuset | 2B Mod Kunsten | 2C, 2D, 2E Mod klubhuset | 2F+2G Mod kunsten | 3A KUNST Ned mod klubhus | 3B KUNST Op mod svinget | 3C, 3D, 3E KUNST 3- og 5 mandsbane | 4A+4B 5-mands | 4C+4D 5-mands | 5 | 5C | 6 | MULTI | GYMNASIET | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Mandag** | | | | | | | | | | | | | | | | | |
| 1000 | | | | | | | 60+M (1) | | | | | | | | | | |
| 1030 | | | | | | | | | | | | | | | | | |
| 1600 | | | | | | | | | | | | | | | | | |
| 1630 | | | U12P (10) | | | | | | | | | | | | | | |
| 1700 | U7P | U7P | | | U6P | U6P | | U9D (7) | | U10P (11) | U9P (11) | | U14P (9) | | | | 1, 2, 3, 4 ,5 , 6 |
| 1730 | | | | | | | | | | | | U15P (8) | | U17P (8) | | | |
| 1800 | | | | | | | | | | | | | | | | | |
| 1830 | | | | | | | | | | | | | | | | | |
| **Tirsdag** | | | | | | | | | | | | | | | | | |
| 1630 | | SFL (16.15-17.00) | | U11D (6) | | | | | | | | | | U13D (5) | SFL (1615-1700) | | |
| 1700 | U7D | U7D | U10D (7) | | U7D | | U12D (6) | U14D (4) | | U8D (7) | | U15D (3) | | | | | |
| 1730 | | | | | | | | | | | | | | | | | |
| 1800 | | | | | | | | | | | | | | U19D (2) | | | 9, 10, 11 |
| 1830 | | | | | | | | | | | | HS (1) | | | | | |
| 1900 | | | | | | | | | | | DS (8) | | | | | | |
| 1930 | | | | | | | | | | | | | | | | | |
| 2000 | | | | | | | | | | | | | | | | | |
| **Onsdag** | | | | | | | | | | | | | | | | | |
| 1600 | | | | | | | | | | | | | | | | | |
| 1630 | | | | | | | U12P (10) | | | | | | | | | | |
| 1700 | | | U10P (11) | | | | | | | U9P (11) | U8P(10) | U14P (9) | | | | | |
| 1730 | | | | | | | | | | | | | U15P (8) | U17P (8) | | | 1, 2, 3, 4, 5, 6, 7 |
| 1800 | | | | | | | | | | | | | | | | | |
| 1830 | | | | | | | | | | | | | | | | | |
| 2000 | | | | | | | | | Motionsfodbold kvinder (11) (20.00-21.00) | | | | | | | | |
| **Torsdag** | | | | | | | | | | | | | | | | | |
| 1000 | | | | | | | | | | | | | | | 64+ (Ruth) | | |
| 1030 | | | | | | | | | | | | | | | | | |
| 1600 | | | | | | | | | | | | | | | | | |
| 1630 | | | | | | | | | | | | | | | | | 9, 10, 11 |
| 1700 | U6D | U6D | | U12D (6) | U6D | | U11D (6) | U10D (7) | | U9D (7) | | U13D (5) | | U14D (4) | | | |
| 1730 | | | | | | | | | | | | | | | | | |
| 1800 | | | | | | | | | | | | | | U19D (2) | | | |
| 1830 | | | | | | | U15D (3) | | | | | HS (1) | | | | | |
| 1900 | | | | | | | | | | | DS (8) | | | | | | |
| 1930 | | | | | | | | | | | | | | | | | |
| 2000 | | | | | | | | | | | | | | | | | |
| 2030 | | | | | | | | | Motionsbold, mænd | | | | | | | | |
| 2100 | | | | | | | | | | | | | | | | | |