

	Mandag				Tirsdag				Onsdag				Torsdag				Fredag			
	U16	U16	U17	U17	U16	U16	U17	U17	U16	U16	U17	U17	U16	U17	U16	U17	U16	U16	U17	U17
0700-0730					Morgenmad 07:00				Morgenmad 07:00				Morgenmad 07:00				Morgenmad 07:30			
0730-0800						Morgenmad 07:30		Morgenmad 08:00		Morgenmad 08:00		Morgenmad 08:15		Morgenmad 08:30		Morgenmad 08:00				Morgenmad 08:00
0800-0830																				
0830-0900					Fys + omklædning 08:30 - 10:00				Is - spilmomenter 08:15 - 09:15				Fys + omklædning 08:30 - 10:00							
0900-0930					Is - nærkampspil 10:00 - 10:50				Mental 10:00 - 10:45	Is - spilmomenter 09:30 - 10:30			Mental 09:00 - 09:45							Samtaler
0930-1000													Is 10:00 - 10:50							
1000-1030																				
1030-1100																				
1100-1130																				
1130-1200																				
1200-1230	Frokost 12:00		Medtidet 11:30 i Herning		Frokost 11:30				Frokost 11:30				Frokost 11:30							
1230-1300		Frokost 12:45	Frokost 12:00																	
1300-1330						Frokost 12:30				Mental 12:15 - 13:00										
1330-1400																				
1400-1430	Is - rundt om mål 14:00 - 15:00									Back/forward 13:45 - 15:15										
1430-1500			Test 13:15 - 15:15		Ernæring/restitktion 14:00 - 15:00															
1500-1530		Is - rundt om mål 15:15 - 16:15		Test 14:00 - 16:00																
1530-1600	Sandwich 15:30		Sandwich 15:15				Ernæring/restitktion 15:15 - 16:15			Snack 15:20										
1600-1630																				
1630-1700	Test 16:00 - 18:00								Yoga 15:30 - 16:15											
1700-1730		Sandwich 16:30	Is - rundt om mål 16:30 - 17:30	Sandwich 16:30						Yoga 16:15 - 17:00		Back/forward 15:30 - 17:00				Sandwich 16:00				
1730-1800																				
1800-1830		Test 17:00 - 18:45		Is - rundt om mål 17:45 - 18:45																
1830-1900	Aftensmad 18:30																			
1900-1930		Aftensmad 19:15		Aftensmad 18:30																
1930-2000	Teori			Aftensmad 19:30																
2000-2030																				
2030-2100																				
2100-2130																				
2130-2200																				
2200-2230	Snack 21:30		Snack 21:45																	
2230-2300																				

	Mandag			
	U16	U16	U17	U17
0700-0730				
0730-0800				
0800-0830				
0830-0900				
0900-0930				
0930-1000				
1000-1030				
1030-1100				
1100-1130				
1130-1200	Mødetid 11:30 i Herning			
1200-1230	Frokost 12:00		Frokost 12:00	
1230-1300		Frokost 12:45		Frokost 12:30
1300-1330				
1330-1400				
1400-1430	Is - rundt om mål 14:00 - 15:00		Test 13:15 - 15:15	Test 14:00 - 16:00
1430-1500		Is - rundt om mål 15:15 - 16:15		
1500-1530				
1530-1600	Sandwich 15:30		Sandwich 15:15	
1600-1630				
1630-1700	Test 16:00 - 18:00	Sandwich 16:30	Is - rundt om mål 16:30 - 17:30	Sandwich 16:30
1700-1730		Test 17:00 - 18:45		
1730-1800				Is - rundt om mål 17:45 - 18:45
1800-1830				
1830-1900	Aftensmad 18:30		Aftensmad 18:30	
1900-1930		Aftensmad 19:15		
1930-2000	Teori			Aftensmad 19:30
2000-2030				
2030-2100			Teori	
2100-2130				
2130-2200	Snack 21:30		Snack 21:45	
2200-2230				
2230-2300				

Tirsdag				
	U16	U16	U17	U17
0700-0730	Morgenmad 07:00			
0730-0800		Morgenmad 07:30		
0800-0830				Morgenmad 08:00
0830-0900	Fys + omklædning 08:30 - 10:00		Morgenmad 08:30	
0900-0930				
0930-1000				
1000-1030	Is - nærkampspil 10:00 - 10:50	Fys + omklædning 09:30 - 11:00		Snack 10:00
1030-1100				
1100-1130		Is - nærkampspil 11:00 - 11:50	Fys + omklædning 10:30 - 12:00	
1130-1200	Frokost 11:30			Fys + omklædning 11:30 - 13:00
1200-1230			Is - nærkampspil 12:00 - 12:50	
1230-1300		Frokost 12:30		
1300-1330			Frokost 13:30	Is - nærkampspil 13:00-13:50
1330-1400				
1400-1430	Ernæring/restitution 14:00 - 15:00			
1430-1500				Frokost 14:30
1500-1530			Enæring/restitution 15:15 - 16:15	
1530-1600				
1600-1630	Sandwich 16:00			
1630-1700				
1700-1730				
1730-1800			Aftensmad 17:30	
1800-1830	Kamp 18:00 - 19:30			
1830-1900				
1900-1930				
1930-2000				
2000-2030	Aftensmad 20:15		Kamp 20:00 - 21:30	
2030-2100				
2100-2130				
2130-2200	Snack 22:00			
2200-2230			Sandwich 22:15	
2230-2300				

Onsdag				
	U16	U16	U17	U17
0700-0730	Morgenmad 07:00			
0730-0800			Morgenmad 07:30	
0800-0830		Morgenmad 08:00		Morgenmad 08:15
0830-0900	Is - spilmomenter 08:15 - 09:15			
0900-0930				Mental 09:00 - 09:45
0930-1000			Is - spilmomenter 09:00 - 10:00	Snack 10:00
1000-1030	Mental 10:00 - 10:45	Is - spilmomenter 09:30-10:30	Snack 10:30	
1030-1100			Mental 11:00 - 11:45	
1100-1130				Is - spilmomenter 11:00 - 12:00
1130-1200	Frokost 11:30			
1200-1230				
1230-1300		Mental 12:15 - 13:00		
1300-1330			Frokost 13:00	
1330-1400	Back/forward 13:45 - 15:15			
1400-1430				
1430-1500				
1500-1530	Snack 15:20			
1530-1600	Yoga 15:30 - 16:15		Back/forward 15:30 - 17:00	
1600-1630		Yoga 16:15 - 17:00		
1630-1700			Snack 17:15	
1700-1730				
1730-1800			Yoga 17:30 - 18:15	
1800-1830	Aftensmad 18:00			Yoga 18:15 - 19:00
1830-1900				
1900-1930				
1930-2000			Aftensmad 19:39	
2000-2030	Individuelle samtaler		Individuelle samtaler	
2030-2100				
2100-2130				
2130-2200				
2200-2230				
2230-2300				

Torsdag				
	U16	U17	U16	U17
0700-0730	Morgenmad 07:00			
0730-0800		Morgenmad 07:30		
0800-0830				Morgenmad 08:00
0830-0900	Fys + omklædning 08:30 - 10:00		Morgenmad 08:30	
0900-0930			Mental 09:00 - 09:45	
0930-1000				
1000-1030	Is 10:00 - 10:50	Fys + omklædning 09:30 - 11:00		Mental 10:00 - 10:45
1030-1100			Fys + omklædning 10:30 - 12:00	Snack 11:00
1100-1130		Is 11:00 - 11:50		
1130-1200	Frokost 11:30			Fys + omklædning 11:30 - 13:00
1200-1230			Is 12:00 - 12:50	
1230-1300	Mental 12:30 - 13:15	Frokost 12:30		
1300-1330				Is 13:00 - 13:50
1330-1400		Mental 13:30 - 14:15	Frokost 13:30	
1400-1430				
1430-1500				Frokost 14:30
1500-1530				
1530-1600				
1600-1630	Sandwich 16:00			
1630-1700				
1700-1730				
1730-1800			Aftensmad 17:30	
1800-1830	Kamp 18:00 - 19:30			
1830-1900				
1900-1930				
1930-2000				
2000-2030	Aftensmad 20:15		Kamp 20:00 - 21:30	
2030-2100				
2100-2130				
2130-2200				
2200-2230	Snack 22:00		Sandwich 22:15	
2230-2300				

Fredag				
	U16	U16	U17	U17
0700-0730				
0730-0800	Morgenmad 07:30			
0800-0830			Morgenmad 08:00	
0830-0900			Samtaler	
0900-0930				
0930-1000				
1000-1030	Kamp 10:00 - 12:00			
1030-1100			Frokost 10:30	
1100-1130				
1130-1200				
1200-1230				
1230-1300	Frokost 12:30		Kamp 12:30 - 14:30	
1300-1330	Samtaler			
1330-1400				
1400-1430				
1430-1500				
1500-1530	Sandwich		Sandwich	
1530-1600				
1600-1630				
1630-1700				
1700-1730				
1730-1800				
1800-1830				
1830-1900				
1900-1930				
1930-2000				
2000-2030				
2030-2100				
2100-2130				
2130-2200				
2200-2230				
2230-2300				