

TRÆNINGSANBEFALINGER - LANDEVEJ 2025

| | U17 1 | U17 1 | U17 2 | U17 2 | U19 1 | U19 1 | U19 2 | U19 2 | U23 1 | U23 1 | U23 2 | U23 2 | U23 3 | U23 3 | U23 4 | U23 4 |
|------------------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|
| | Timer/måned | Timer/dag | Timer/måned | Timer/dag | Timer/måned | Timer/dag | Timer/måned | Timer/dag | Timer/måned | Timer/dag | Timer/måned | Timer/dag | Timer/måned | Timer/dag | Timer/måned | Timer/dag |
| <i>Oktober</i> | pause + frit | - | pause + frit | - | pause + frit | - | pause + frit | - | pause + frit | - | pause + frit | - | pause + frit | - | pause + frit | - |
| <i>November</i> | 21 timer | 0,7 timer | 27 timer | 0,9 timer | 34 timer | 1,1 timer | 38 timer | 1,3 timer | 44 timer | 1,5 timer | 54 timer | 1,8 timer | 60 timer | 2,0 timer | 68 timer | 2,3 timer |
| <i>December</i> | 34 timer | 1,1 timer | 40 timer | 1,3 timer | 46 timer | 1,5 timer | 54 timer | 1,7 timer | 64 timer | 2,1 timer | 70 timer | 2,3 timer | 76 timer | 2,5 timer | 84 timer | 2,7 timer |
| <i>Januar</i> | 43 timer | 1,4 timer | 50 timer | 1,6 timer | 56 timer | 1,8 timer | 62 timer | 2,0 timer | 70 timer | 2,3 timer | 76 timer | 2,5 timer | 84 timer | 2,7 timer | 90 timer | 2,9 timer |
| <i>Februar</i> | 45 timer | 1,6 timer | 50 timer | 1,8 timer | 56 timer | 2,0 timer | 60 timer | 2,1 timer | 64 timer | 2,3 timer | 70 timer | 2,5 timer | 75 timer | 2,7 timer | 80 timer | 2,9 timer |
| <i>Marts</i> | 50 timer | 1,6 timer | 56 timer | 1,8 timer | 62 timer | 2,0 timer | 68 timer | 2,2 timer | 70 timer | 2,3 timer | 74 timer | 2,4 timer | 80 timer | 2,6 timer | 84 timer | 2,7 timer |
| <i>April</i> | 42 timer | 1,4 timer | 46 timer | 1,5 timer | 52 timer | 1,7 timer | 60 timer | 2,0 timer | 66 timer | 2,2 timer | 70 timer | 2,3 timer | 74 timer | 2,5 timer | 78 timer | 2,6 timer |
| <i>Maj</i> | 43 timer | 1,4 timer | 48 timer | 1,5 timer | 54 timer | 1,7 timer | 60 timer | 1,9 timer | 68 timer | 2,2 timer | 70 timer | 2,3 timer | 76 timer | 2,5 timer | 80 timer | 2,6 timer |
| <i>Juni</i> | 38 timer | 1,3 timer | 42 timer | 1,4 timer | 46 timer | 1,5 timer | 50 timer | 1,7 timer | 54 timer | 1,8 timer | 60 timer | 2,0 timer | 64 timer | 2,1 timer | 66 timer | 2,2 timer |
| <i>Juli</i> | 46 timer | 1,5 timer | 52 timer | 1,7 timer | 56 timer | 1,8 timer | 66 timer | 2,1 timer | 72 timer | 2,3 timer | 78 timer | 2,5 timer | 86 timer | 2,8 timer | 92 timer | 3,0 timer |
| <i>August</i> | 37 timer | 1,2 timer | 43 timer | 1,4 timer | 50 timer | 1,6 timer | 56 timer | 1,8 timer | 68 timer | 2,2 timer | 70 timer | 2,3 timer | 78 timer | 2,5 timer | 80 timer | 2,6 timer |
| <i>September</i> | 30 timer | 1,0 timer | 36 timer | 1,2 timer | 42 timer | 1,4 timer | 48 timer | 1,6 timer | 54 timer | 1,8 timer | 60 timer | 2,0 timer | 66 timer | 2,2 timer | 68 timer | 2,3 timer |
| <i>Nov-mar</i> | 193 timer | - | 223 timer | - | 254 timer | - | 282 timer | - | 312 timer | - | 344 timer | - | 375 timer | - | 406 timer | - |
| <i>Nov-sep</i> | 429 timer | - | 490 timer | - | 554 timer | - | 622 timer | - | 694 timer | - | 752 timer | - | 819 timer | - | 870 timer | - |