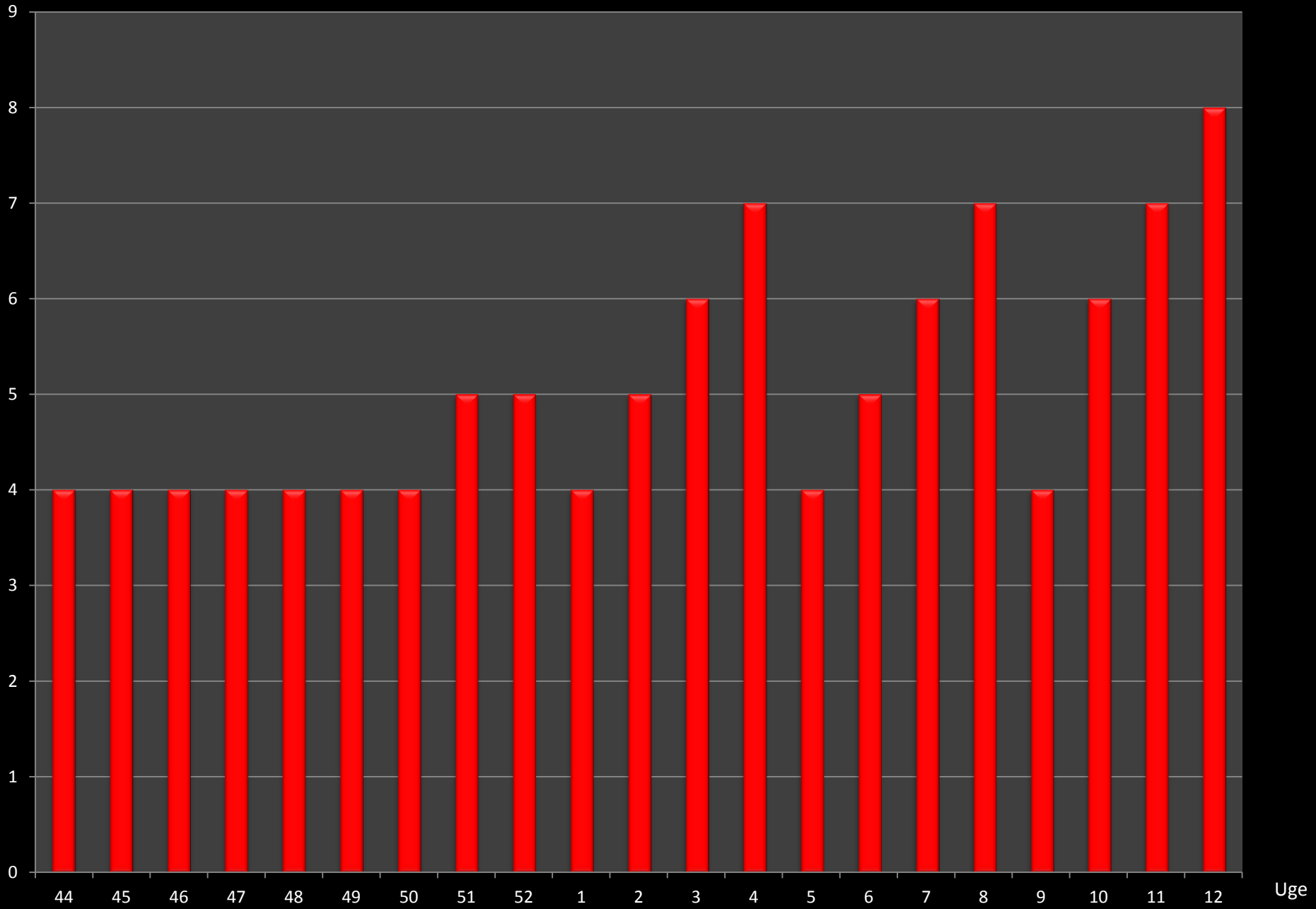


Træningsanbefalinger for U 11

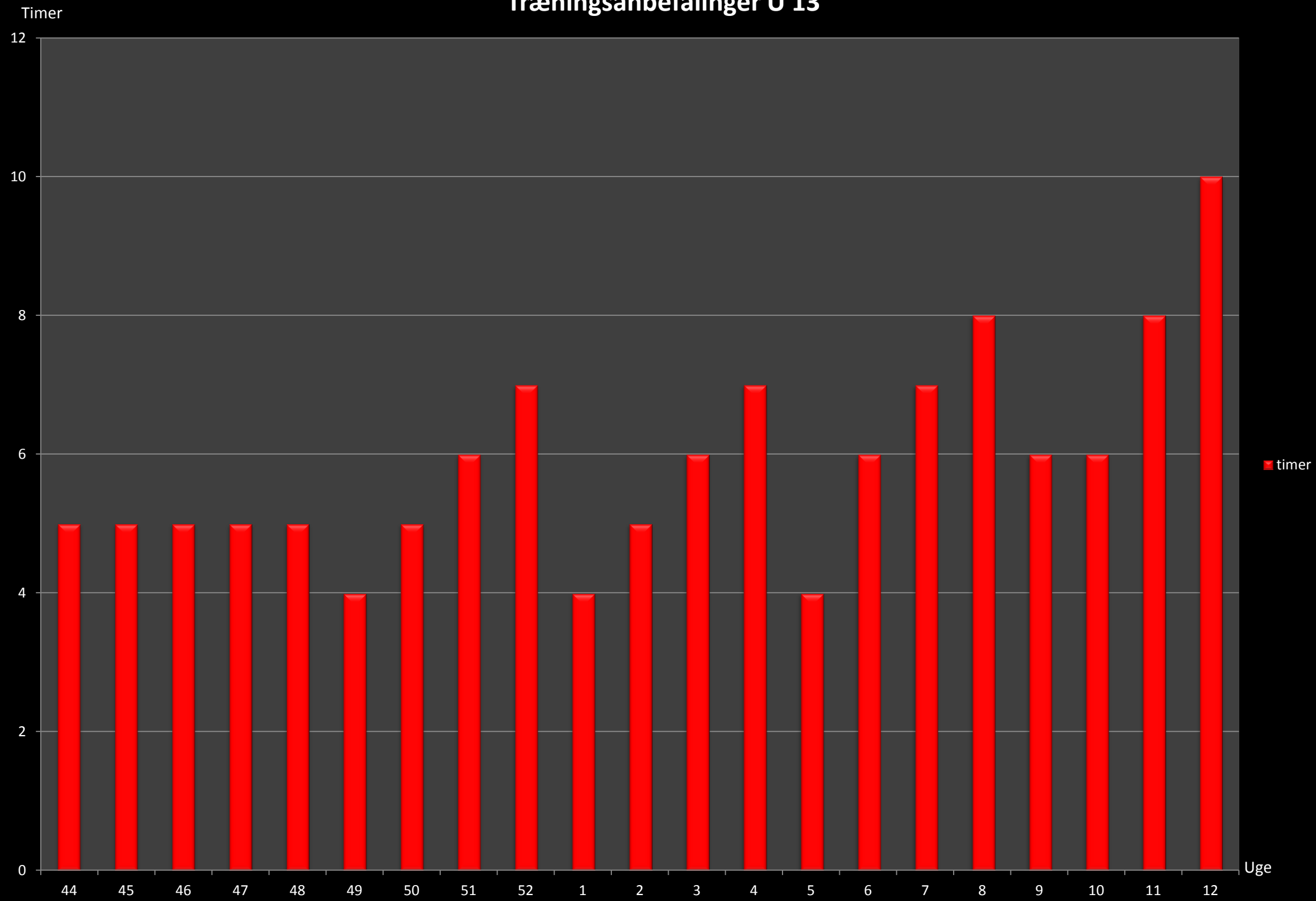
Timer



timer

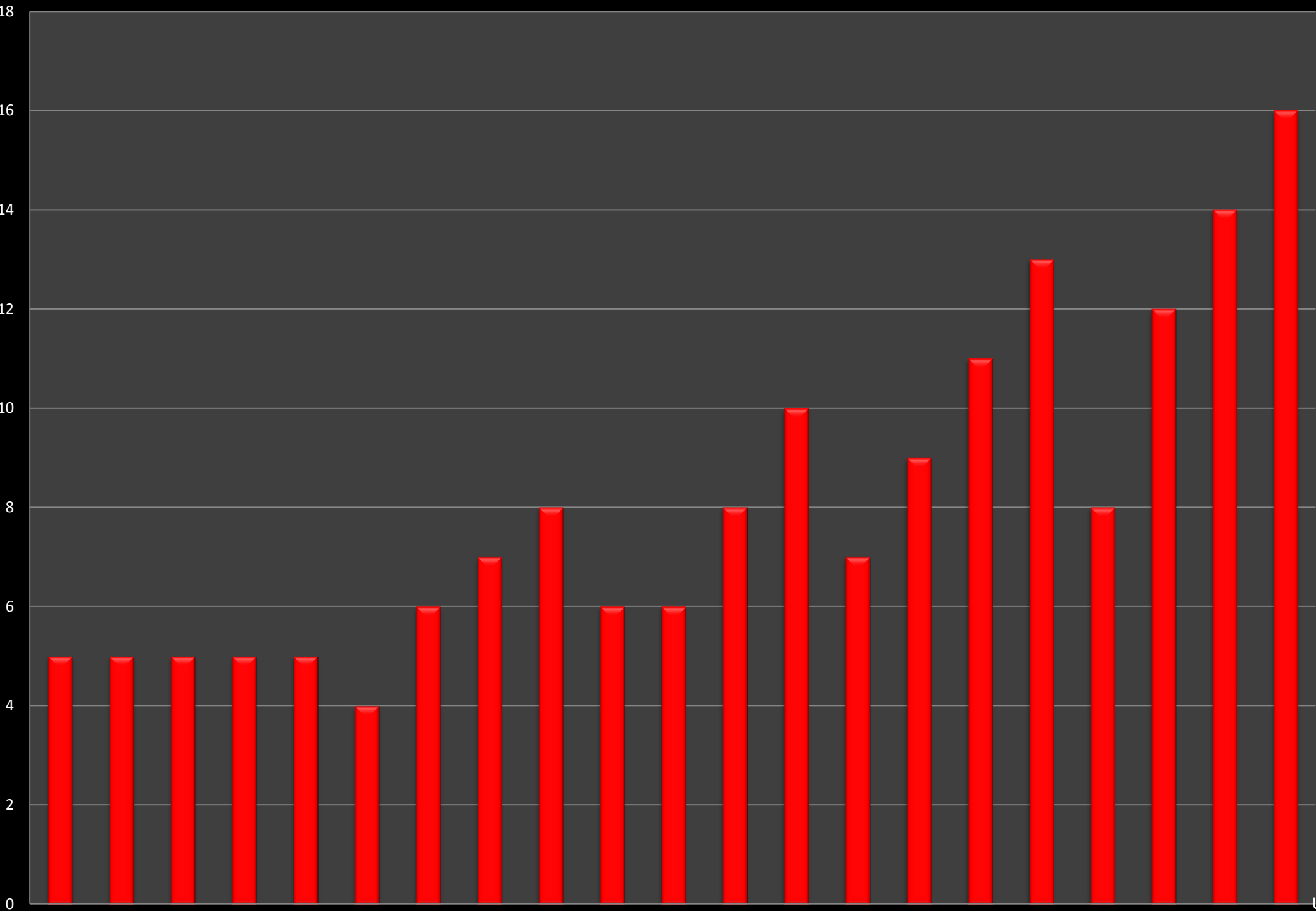
Uge

Træningsanbefalinger U 13



Trænings anbefalinger for U 15

Timer

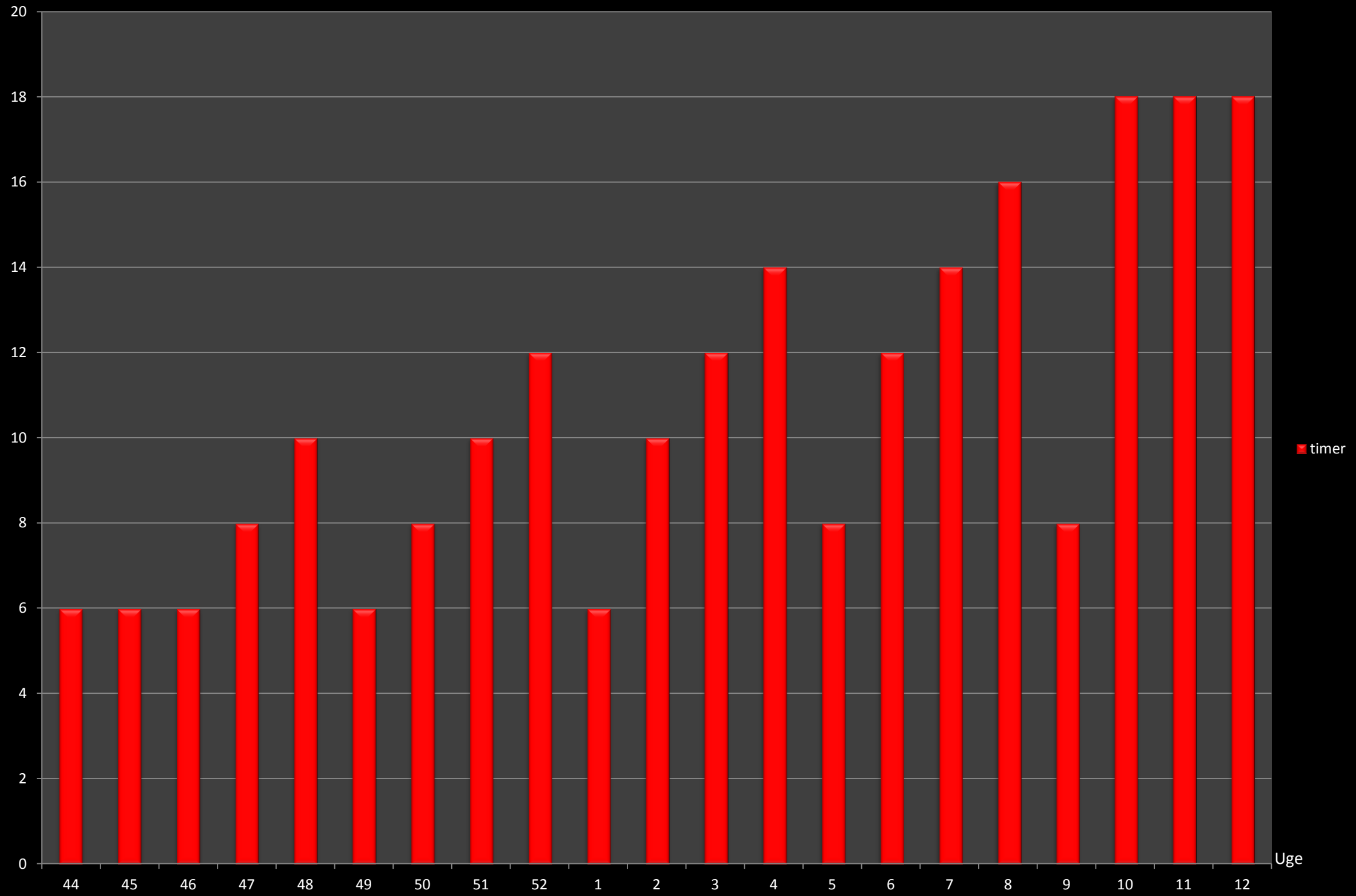


timer

Uge

Træningsanbefalinger for U 17

Timer

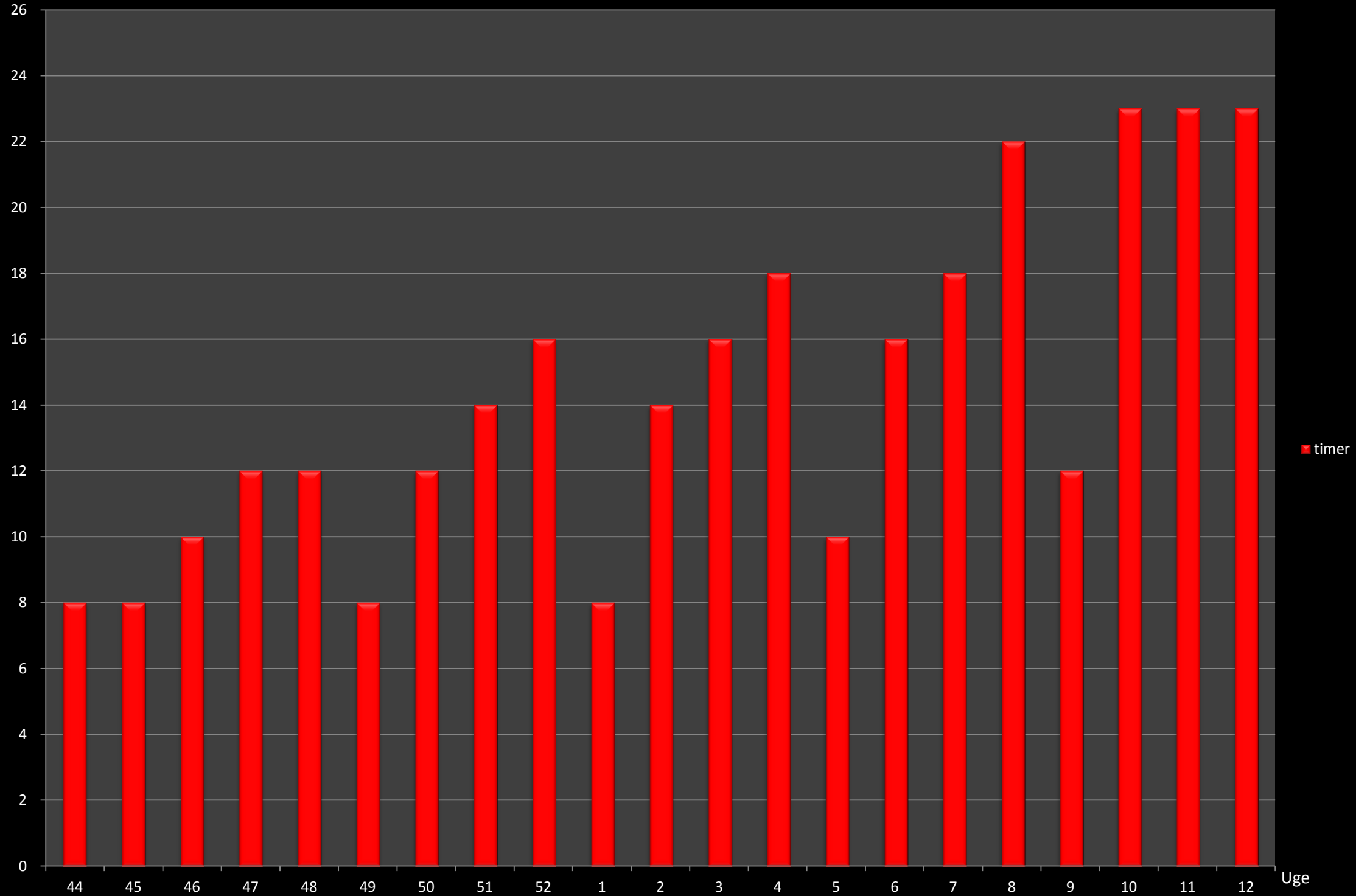


timer

Uge

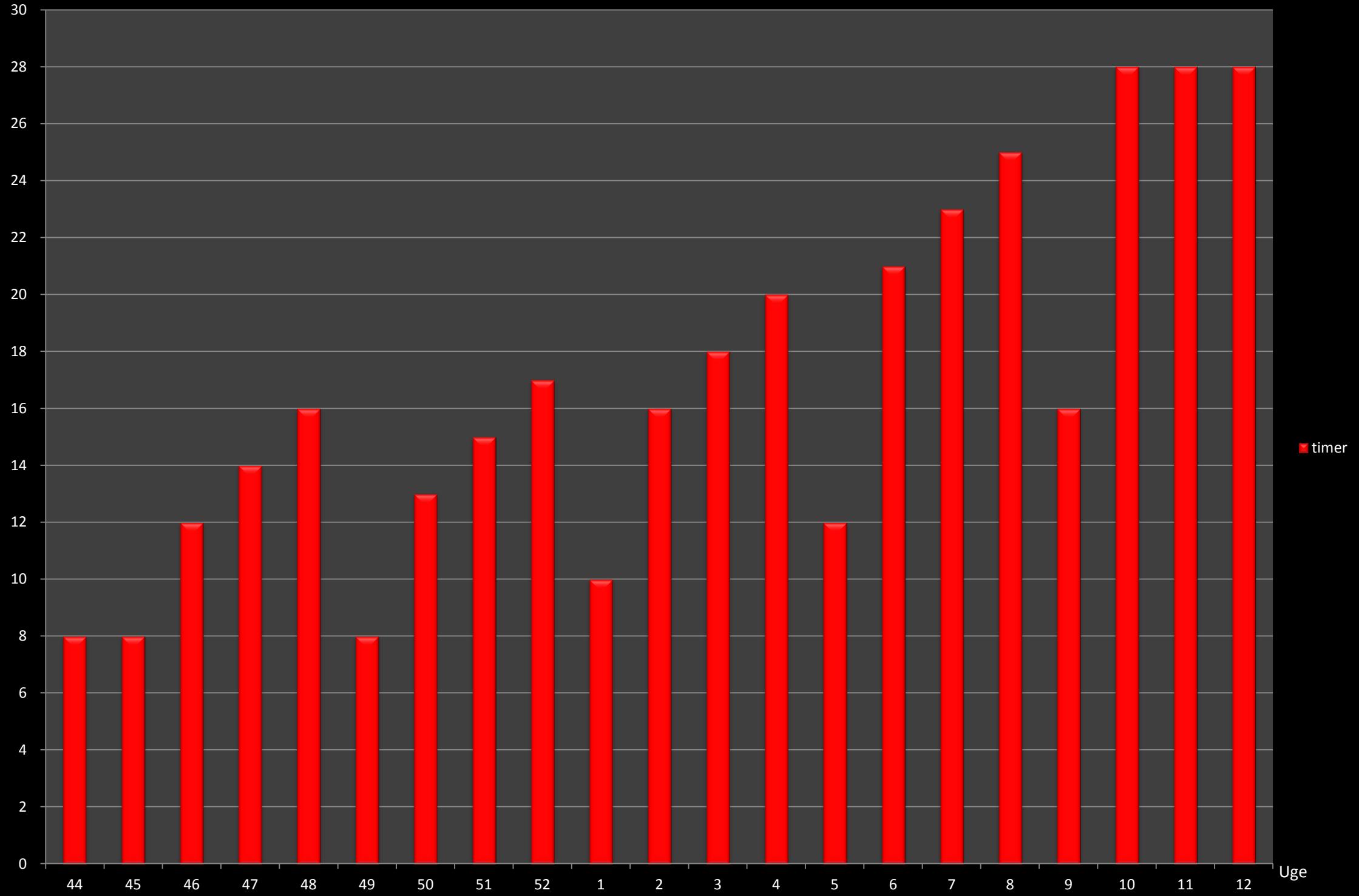
Træningsanbefalinger for U19

Timer



Træningsanbefalinger for U 23

Timer

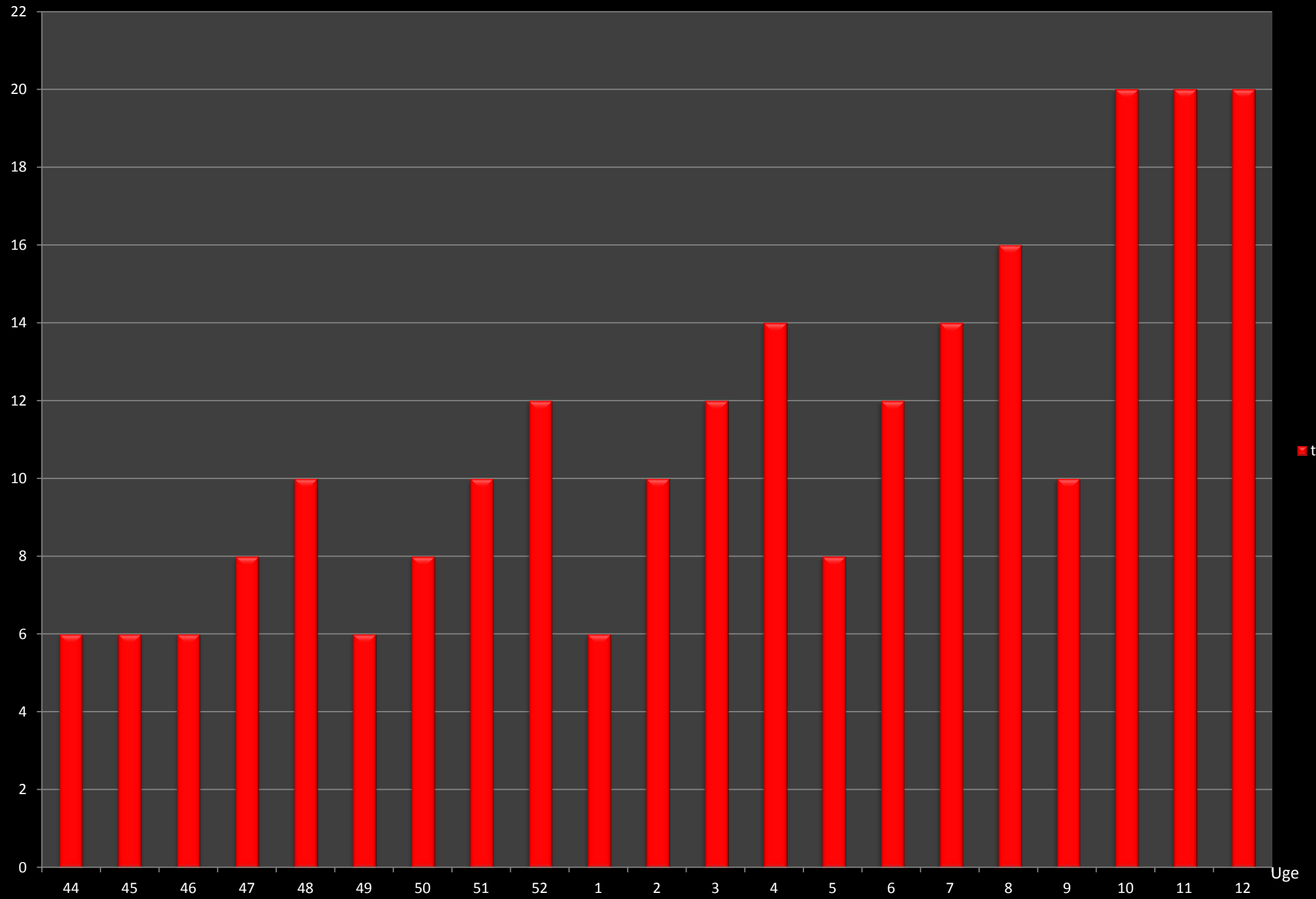


timer

Uge

Træningsanbefalinger for H 40+

Timer



timer

Uge