

AKTIVITETSPLAN DAMLANDSLAG-SENIOR 2013

FYSPROFIL	MÄSTERSKAP	INT. TOURNAMENT	TRAINING CAMP	SWEDEN-GP	GOLDEN GP	WRESTLING HOUSE								
Januari	Februari	Mars	April	Maj	Juni	Juli	Augusti	September	Oktober	November	December			
1 Ti V 01	1 Fr W-H 1	1 Fr	V 14 1 Ma	1 On	1 Lö GÖTZIS AUT S	V 27 1 Ma	1 To	1 Sö	1 Tis	1 Fr	1 Sö	INT. TRAINING CAMP		
2 On	2 Lö	2 Lö GP ELITBROTNING	2 Ti	2 To	2 Sö	2 Ti	2 Fr	V 36 2 Ma	2 On	2 Lö	V 49 2 Ma			
3 To	3 Sö	3 Sö	3 On	3 Fr	V 23 3 Ma	3 On	3 Lö	3 Ti	3 To	3 Sö	3 Ti			
4 Fr	V 06 4 Ma	V 10 4 Ma	4 To	4 Lö	4 Tis	4 To	4 Sö	4 On	4 Fr	V 45 4 Ma	4 On			
5 Lö	GP VÄTTER CUPEN	5 Ti	5 Fr	5 Sö	5 On	5 Fr	5 Fr	V 32 5 Ma	5 To	5 Lö	GP ÖIS CUP		5 To	
6 Sö	6 On	6 On	6 Lö	V 19 6 Ma	6 To	6 Lö	6 Ti	6 Fr	6 Fr	6 Sö	6 On		6 Fr	
V 02 7 Ma	7 To	7 To	7 To	7 Sö	7 Fr	7 Sö	7 On	7 Lö	7 On	7 Lö	7 To		7 Lö	
8 Ti	8 Fr	8 Fr	V 15 8 Ma	8 On	8 Lö	V 28 8 Ma	8 To	8 To	8 Ti	8 Ti	8 Fr		8 Sö	
9 On	9 Lö	9 Lö	9 Ti	9 To	9 Sö	9 Ti	9 Fr	9 Fr	9 On	9 On	9 Lö		GP ROBBAN CUP	V 50 9 Ma
10 To	10 Sö	10 Sö	10 On	10 Fr	V 24 10 Ma	10 On	10 Lö	10 To	10 Ti	10 Ti	10 Sö		10 To	
V 07 11 Ma	V 11 11 Ma	V 11 11 Ma	V 11 11 Ma	V 11 11 Ma	NORDISK MÄSTERSKAP	11 Tis	11 To	11 To	11 On	11 On	11 On		11 On	11 On
12 Lö	12 Ti	12 Ti	12 Ti	12 Fr	SM KIRUNA SWE	12 On	12 Fr	12 Fr	12 To	12 To	12 To		12 Ti	12 Ti
13 Sö	13 On	13 On	13 On	13 Lö	V 20 13 Ma	13 To	13 Lö	13 Lö	13 Fr	13 Fr	13 On	13 On	13 Fr	
V 03 14 Ma	14 To	14 To	14 To	14 Sö	W-H-2 INT. TRAINING CAMP	14 Fr	14 On	14 On	14 On	14 On	14 To	14 To	14 Lö	
15 Ti	15 Fr	15 Fr	15 Fr	15 Ma	15 On	15 Lö	15 To	15 To	15 To	15 To	15 Fr	15 Sö	15 Sö	
16 On	16 Lö	16 Lö	16 Lö	16 Ti	16 To	16 Sö	16 Fr	16 Fr	16 On	16 On	16 Lö	16 Ma	16 Ma	
17 To	17 Sö	17 Sö	17 On	17 Fr	17 Fr	17 Ma	17 On	17 On	17 On	17 On	17 To	17 Sö	17 Ti	
18 Fr	V 08 18 Ma	V 12 18 Ma	18 To	18 Lö	18 Lö	18 Ti	18 To	18 To	18 To	18 To	18 Fr	18 Ma	18 On	
19 Lö	GP CUP KLIPPAN	19 Ti	19 Ti	19 Fr	19 Sö	19 On	19 Fr	19 Fr	19 To	19 To	19 Lö	19 Ti	19 To	
20 Sö	20 On	20 On	20 On	20 Lö	20 Lö	20 To	20 To	20 To	20 To	20 To	20 On	20 On	20 Fr	
V 04 21 Ma	21 To	21 To	21 To	21 To	21 Sö	21 Ti	21 Fr	21 Fr	21 On	21 On	21 To	21 To	21 Lö	
22 Ti	22 Fr	22 Fr	22 Fr	22 Fr	22 Sö	22 On	22 On	22 On	22 On	22 On	22 To	22 Fr	22 Sö	
23 On	23 Lö	23 Lö	23 Lö	23 Ti	23 To	23 To	23 To	23 To	23 To	23 To	23 Lö	23 Lö	23 Ma	
24 To	24 Sö	24 Sö	24 On	24 Fr	24 Fr	24 Ma	24 On	24 On	24 On	24 On	24 To	24 Sö	24 Ti	
V 13 25 Ma	V 09 25 Ma	V 13 25 Ma	25 To	25 Lö	25 Ti	25 To	25 To	25 To	25 On	25 On	25 Fr	V 48 25 Ma	25 On	
26 Lö	26 Ti	26 Ti	26 Ti	26 Fr	26 Sö	26 On	26 Fr	26 Fr	26 To	26 To	26 Lö	26 Ti	26 To	
27 Sö	27 On	27 On	27 On	27 Lö	V 22 27 Ma	27 To	27 To	27 To	27 Fr	27 Fr	27 On	27 On	27 Fr	
V 05 28 Ma	TEST & UPPFÖLJNING	28 To	28 To	28 Sö	28 Ti	28 Fr	28 Fr	28 Fr	28 On	28 On	28 To	BRAZIL CUP	28 Lö	
29 Ti		29 Fr	29 Fr	V 18 29 Ma	29 On	29 On	29 Lö	29 Lö	29 To	29 To	29 Fr	RIO BRA	29 Sö	
30 On		30 Lö	30 Ti	30 To	30 To	30 To	30 Fr	30 Fr	30 On	30 On	30 Lö		V 01 30 Ma	
31 To		31 Sö		31 Fr		31 On	31 Lö	31 Ti	31 Ti				31 Ti	