

# 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		1 Fr	W-H 2	V 14 1 Ma		1 On		1 Lö	GOLDEN GRAND PRIX SASSARI ITA	V 27 1 Ma		1 To		1 Sö	W-H 4	1 Tis		1 Fr		1 Sö	
2 On		2 Lö		2 Lör	GP	2 Ti		2 To		2 Sö		2 Ti		2 Fr		V 36 2 Ma	INT.	2 On		2 Lö		V 49 2 Ma	
3 To		3 Sö	W-H 1	3 Sö	INT.	3 On		3 Fr		V 23 3 Ma		3 On		3 Lö		3 Ti	TRAINING	3 To		3 Sö		3 Ti	INT. TRAINING CAMP
4 Fr		V 06 4 Ma	INT.	V 10 4 Ma	TRAINING	4 To		4 Lö		4 Tis		4 To	TRAINING	4 On		4 On	CAMP	4 Fr		V 45 4 Ma		4 Or	
5 Lö	GP VÄTTER CUPEN	5 Ti	TRAINING	5 Ti	CAMP	5 Fr		5 Sö		5 On		5 Fr	TRAINING	V 32 5 Ma		5 To	SWE S	5 Lör	GP ÖIS CUP	5 Ti		5 To	
6 Sö		6 On	CAMP	6 On	SWE	6 Lö		V 19 6 Ma		6 To		6 Lö	HUSUM S	6 Ti		6 Fr		6 Sö		6 On		6 Fr	
V 02 7 Ma		7 To	SWE	7 To		7 Sö		7 Ti		7 Fr		7 Sö		7 On		7 Lör		V 41 7 Ma		7 To		7 Lör	
8 Ti		8 Fr	S	8 Fr		V 15 8 Ma		8 On		8 Lö		8 Lör		8 To		8 Ti		8 Ti		8 Fr		8 Sö	RIO BRAZIL S
9 On		9 Lör		9 Lör		9 Ti		9 To		9 Sö	TRAINING CAMP	9 Ti		9 Fr	POLAND OPEN SPALA POL S	9 On		9 On		9 Lör	GP ROBBAN CUP	V 50 9 Ma	
10 To		10 Sö		10 Sö		10 On		10 Fr		V 24 10 Ma		10 On		10 Lör		10 Ti		10 Ti		10 Sö		10 Ti	
11 Fr		V 07 11 Ma		V 11 11 Ma		11 To	SM KIRUNA SWE S	11 Lör	NORDISK MÄSTERSKAP	11 Tis		11 To	GRAND PRIX OF SPAIN ESP S	11 Sö		11 On		11 On		V 46 11 Ma	GOLDEN GRAND PRIX FINAL BAKU AZE S	11 C	
12 Lö		12 Ti		12 Ti		12 Fr		12 Sö		12 On		12 Fr		12 Lör		12 To		12 To		12 Ti		12 Ti	
13 Sö		13 On		13 On		13 Lö		V 20 13 Ma		13 To	JPN/CHN S	13 Lör		13 Ti		13 Fr		13 Fr		13 On		13 On	
V 03 14 Ma		14 To		14 To		14 Sö		14 Ti		14 Fr		14 Fr		14 On		14 Lö		14 Lör		V 42 14 Ma		14 To	
15 Ti		15 Fr	KLIPPAN LADY OPEN KLIPPAN S	15 Fr		V 16 15 Ma		15 Or		15 Lö		V 29 15 Ma		15 To		15 Sö		15 Ti		15 Fr		V 51 15 Ma	
16 On		16 Lö		16 Lö		16 Ti		16 To		16 To	TRAINING CAMP	16 Sö		16 Fr		16 Ma		16 On		16 Lö		16 Lö	
17 To		17 Sö		17 Sö		17 On		17 Fr		17 Fr	EUROPA	V 25 17 Ma		17 Lör		17 Ti		17 To		17 To		17 Sö	
18 Fr		V 08 18 Ma	INT. TRAINING CAMP	V 12 18 Ma	EM TBILISI	18 To		18 Lö		18 Ti		18 Ti	INT. TRAINING CAMP	18 On		18 Or	VM BUDAPEST HUN S	18 Fr		V 47 18 Ma		18 On	
19 Lör	GP CUP KLIPPAN	19 Ti	KLIPPAN SWE	19 Ti	GEO S	19 Fr		19 Sö		19 Or	ESP S	V 21 19 Ma		19 Lör		19 To		19 Lö		19 Ti		19 Ti	
20 Sö		20 Or		20 Or		20 Lö		V 21 20 Ma		20 To		20 To		20 Ti		20 Fr		20 Sö		20 On		20 On	
V 04 21 Ma		21 To		21 To		21 Sö		21 Ti		21 Fr		21 Fr		21 Or		21 Lö		V 43 21 Ma		21 To		21 To	
22 Ti		22 Fr		22 Fr		V 17 22 Ma		22 Or		22 Lör		22 Lör		22 To		22 Sö		22 Ti		22 Ti		22 Fr	
23 On		23 Lör		23 Lör		23 Ti		23 To		23 Sö		23 Ti		23 Fr		V 39 23 Ma	TEST & UPPFÖLJNING	23 On		23 Lör		23 Lör	
24 To		24 Sö		24 Sö		24 On		24 Fr		V 26 24 Ma	W-H 3	24 On		24 Lör		24 Ti		24 To		24 Sö		24 Ti	
25 Fr		V 09 25 Ma		V 13 25 Ma	TEST & UPPFÖLJNING	25 To		25 Lö		25 Ti	INT. TRAINING CAMP	25 To	TEST & UPPFÖLJNING	25 Sö		25 On		25 Fr		V 48 25 Ma		25 On	
26 Lö		26 Ti		26 Ti		26 Fr		26 Sö		26 Or		26 Fr		26 Lör		26 To		26 Lö		26 Ti		26 Ti	
27 Sö		27 On	W-H 2 INT. TRAINING	27 On		27 Lö		V 22 27 Ma		27 To		27 Lör		27 Fr		27 Fr		27 Sö		27 On		27 Fr	
V 05 28 Ma		28 To		28 To		28 Sö		28 Ti		28 Fr		28 Fr		28 Lör		28 Lör		V 44 28 Ma		28 To	BRAZIL CUP RIO BRA S	28 Lör	
29 Ti	TEST & UPPFÖLJNING			29 Fr		V 18 29 Ma		29 On		29 Lör		29 Lör		29 To		29 To		29 Sö		29 Fr		29 Sö	
30 On		30 Lö		30 Lö		30 Ti		30 To		30 Sö		30 Ti		30 Fr		30 Ma		30 On		30 Lör		V 01 30 Ma	
31 To		31 Sö		31 Sö		31 Fr		31 Fr		31 On		31 On		31 Lör		31 Ti		31 Ti		31 Ti		31 Ti	