

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	1 Ma	1 On	1 Lö	1 Ma	1 To	1 So	1 Ti	1 Fr	1 So
2 On	2 Lö	2 Fr	2 Ti	2 To	2 Sö	2 Ti	2 Fr	2 So	2 On	2 Lö	2 Fr
3 To	3 Sö	3 Sö	3 On	3 Fr	3 On	3 On	3 Lö	3 Ti	3 To	3 Sö	3 Ti
4 Fr	4 To	4 To	4 To	4 Lö	4 Ti	4 To	4 Sö	4 On	4 Fr	4 Sö	4 On
5 Lö	5 Ti	5 Ti	5 Fr	5 Sö	5 On	5 Fr	5 Lö	5 To	5 Lö	5 Ti	5 To
6 Sö	6 On	6 On	6 Lö	6 To	6 To	6 Lö	6 Ti	6 Fr	6 Sö	6 On	6 Fr
7 Ma	7 To	7 To	7 Ti	7 Ti	7 Fr	7 Sö	7 On	7 Lö	7 Ma	7 To	7 Lö
8 Ti	8 Fr	8 Fr	8 On	8 On	8 Lö	8 On	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 On	9 On	9 Lö	9 Ma
10 To	10 Sö	10 Sö	10 On	10 Fr	10 Ti	10 On	10 Lö	10 Ti	10 To	10 Sö	10 Ti
11 Fr	11 Ma	11 Ma	11 To	11 Lö	11 Ti	11 To	11 Sö	11 On	11 Fr	11 Ma	11 On
12 Lö	12 Ti	12 Ti	12 Fr	12 Sö	12 On	12 Fr	12 Ma	12 To	12 Lö	12 Ti	12 Ti
13 Sö	13 On	13 On	13 Lö	13 Ma	13 To	13 Lö	13 Ti	13 Fr	13 Sö	13 On	13 Fr
14 Ma	14 To	14 To	14 Sö	14 Ti	14 Fr	14 Sö	14 On	14 Lö	14 Ma	14 To	14 Lö
15 Ti	15 Fr	15 Fr	15 Ma	15 On	15 Lö	15 Sö	15 To	15 Sö	15 Ti	15 Fr	15 Sö
16 On	16 Lö	16 Lö	16 Ti	16 To	16 To	16 Ti	16 Fr	16 Ma	16 On	16 Lö	16 Ma
17 To	17 Sö	17 Sö	17 On	17 Fr	17 On	17 On	17 Lö	17 Ti	17 To	17 Sö	17 Ti
18 Fr	18 Ma	18 Ma	18 To	18 Lö	18 Ti	18 To	18 On	18 On	18 Fr	18 Ma	18 On
19 Lö	19 Ti	19 Ti	19 Fr	19 Sö	19 On	19 Fr	19 To	19 To	19 Lö	19 Ti	19 To
20 Sö	20 On	20 On	20 Lö	20 Ti	20 To	20 Lö	20 Ti	20 To	20 Sö	20 On	20 Fr
21 Ma	21 To	21 To	21 Sö	21 Ti	21 Fr	21 Sö	21 On	21 Lö	21 Ma	21 To	21 Lö
22 Ti	22 Fr	22 Fr	22 Ma	22 On	22 On	22 Lö	22 To	22 To	22 Ti	22 Fr	22 Sö
23 On	23 Lö	23 Lö	23 Ti	23 To	23 Sö	23 Ti	23 Fr	23 Fr	23 On	23 Lö	23 Ma
24 To	24 Sö	24 Sö	24 On	24 Fr	24 Ma	24 On	24 Lö	24 To	24 To	24 Sö	24 Ti
25 Fr	25 Ma	25 Ma	25 To	25 Lö	25 Ti	25 To	25 On	25 On	25 Fr	25 Ma	25 On
26 Lö	26 Ti	26 Ti	26 Fr	26 Sö	26 On	26 Fr	26 To	26 To	26 Lö	26 Ti	26 To
27 Sö	27 On	27 On	27 Lö	27 Ti	27 To	27 Lö	27 Fr	27 Fr	27 Lö	27 On	27 Fr
28 Ma	28 To	28 To	28 Sö	28 Ti	28 Fr	28 Sö	28 On	28 Lö	28 Ma	28 To	28 Lö
29 Ti	29 Fr	29 Fr	29 Ma	29 On	29 Lö	29 Ma	29 To	29 Sö	29 Ti	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 Lö	30 Ma
31 To		31 Sö		31 Fr		31 On	31 Lö	31 Ti	31 Ti		31 Ti