



VKK Lägerschema Vecka 32, 2025

Måndag 4/8 (8-19), ledig dag Vux

Tid\Coach	Vyachek	Alex	Aida	Liv	Masha	Iza	Vera	Helena
08:10-08:55		A2	C1					
08:55-09:40	Speed	A1	C1					
09:40-09:50								
09:50-10:35	V1	A1	Lunch		Speed			
10:35-11:20	V1	Lunch	A2					
11:20-11:30								
11:30-12:15	Lunch	A2	C1					
12:15-13:00	Speed	A1				Iza 2	Vera 2, Vera 3	
13:00-13:10								
13:10-13:55	Korr	A2				Iza 2	Vera1	
13:55-14:40	V1					Iza 1	Vera 1,2,3 14.10 – 14.55	H1
14:40-14:50								
14:50-15:35	V1					Iza 1		
15:35-16:20				Kåsk +Vux			Vera2, Vera 3	
16:20-16:30								
16:30-17:15				Kåsk +Vux		Iza 1	Vera 1	H1
17:15-18:00						Iza 2	Vera 2	H1
18:00-18:10								
18:10-19:00						Iza 1+ Iza 2	Vera 1	

Tisdag 5/8 (8-19), Ledig dag Helena

Tid\Coach	Vyachek	Alex	Aida	Liv	Masha	Iza	Vera
08:10-08:55			V1				
08:55-09:40	Speed	A1					
09:40-09:50							
09:50-10:35	Korr	A1	C1				
10:35-11:20	V1	Lunch	Lunch		Lunch		
11:20-11:30							
11:30-12:15	V1	A2	Speed	Kåsk+Vux	C1	Iza 1	
12:15-13:00	Lunch	A2	C1	Kåsk+Vux	V1	Iza 1	
13:00-13:10							
13:10-13:55	Korr	A1					Vera 1,2,3 12:50 – 13:35
13:55-14:40					A1	Iza 2	Vera 2, Vera 3
14:40-14:50							
14:50-15:35		A2					Vera1
15:35-16:20						Iza 1+ Iza 2	Vera2, Vera 3
16:20-16:30							
16:30-17:15						Iza 1	Vera1
17:15-18:00						Iza 2	Vera2
18:00-18:10							
18:10-19:00						Iza 2	Vera1
19:10-19:55							



Onsdag 6/8 (8-19), ledig dag Alex & Masha

Tid\Coach	Vyachek	Aida	Liv	Iza	Vera	Helena
08:10-08:55	V1					
08:55-09:40	Korr	C1				
09:40-09:50						
09:50-10:35	Korr	V1				
10:35-11:20	Lunch	C1				H1
11:20-11:30						
11:30-12:15	Speed	C1	Kåsk+Vux		Vera2	
12:15-13:00	V1	Lunch	Kåsk+Vux	Iza 2		H1
13:00-13:10						
13:10-13:55	Speed			Iza 1		H1
13:55-14:40	Speed	V1		Iza 2	Vera 1,2,3 13:45 – 14:30	
14:40-14:50						
14:50-15:35				Iza 2	Vera1	
15:35-16:20				Iza 1	Vera2, Vera 3	
16:20-16:30						
16:30-17:15				Iza 1	Vera 1	
17:15-18:00					Vera 2, Vera 3	
18:00-18:10						
18:10-19:00				Iza 1+ Iza 2	Vera 1	

Torsdag 7/8 (8-19), ledig dag Vera (Sundbyberg), ledig dag Liv

Tid\Coach	Vyachek	Alex	Aida	Masha	Iza	Helena
08:10-08:55	V1					
08:55-09:40	Korr	A1	C1			
09:40-09:50						
09:50-10:35	Korr	A1	C1	A2		
10:35-11:20	V1	A1	Lunch	C1		
11:20-11:30						
11:30-12:15	Lunch	Lunch	V1	Speed	Iza 1	
12:15-13:00	V1	A2	Speed		Iza 1	
13:00-13:10						
13:10-13:55	Korr	A1			Iza 2	
13:55-14:40	Speed				Iza 2	H1
14:40-14:50						
14:50-15:35	Korr	A2				H1
15:35-16:20					Iza 1	
16:20-16:30						
16:30-17:15					Iza 2	H1
17:15-18:00					Iza 1+ Iza 2	
18:00-18:10						
18:10-19:00	Friåkning VKK					

**Fredag 8/8 (8-19), ledig dag Izabela**

Tid\Coach	Vyachek	Alex	Aida	Liv	Masha	Vera	Helena
08:10-08:55	Korr	A1					
08:55-09:40	Speed	A2					
09:40-09:50							
09:50-10:35	V1	Lunch			Speed		
10:35-11:20	Lunch	A1			V1		
11:20-11:30							
11:30-12:15	Korr	A1	C1	Kåsk+Vux			
12:15-13:00	Korr	A2	Speed	Kåsk+Vux		Vera 2	
13:00-13:10							
13:10-13:55	V1	A2	Lunch			Vera1	
13:55-14:40	V1		C1			Vera 1,2,3 14.10 – 14.55	
14:40-14:50							
14:50-15:35			C1				H1
15:35-16:20						Vera 2, Vera 3	
16:20-16:30							
16:30-17:15						Vera 1	H1
17:15-18:00						Vera 2, Vera 3	
18:00-18:10							
18:10-19:00						Vera 1	

Lördag 9/8 (8-19), Ledig dag Aida

Tid\Coach	Vyachek	Alex	Liv	Masha	Iza	Vera
08:10-08:55		A1				
08:55-09:40	V1	A1				
09:40-09:50						
09:50-10:35	V1	Lunch				
10:35-11:20	Korr	A1				
11:20-11:30						
11:30-12:15	Lunch	A2	Kåsk+Vux		Iza 1	
12:15-13:00		A1	Kåsk+Vux	V1	Iza 1	
13:00-13:10						
13:10-13:55	V1	A2				Vera 1,2,3 12:50 – 13:35
13:55-14:40	Korr			A1	Iza 2	Vera 2, Vera 3
14:40-14:50						
14:50-15:35						Vera 1
15:35-16:20				A2	Iza 1+ Iza 2	Vera 2, Vera 3
16:20-16:30						
16:30-17:15					Iza 1	Vera 1
17:15-18:00					Iza 2	Vera2
18:00-18:10						
18:10-19:00					Iza 2	Vera 1
19:10-19:55						



Söndag 11/8 (10-19), ledig dag Vyachek

Tid\Coach	Alex	Aida	Liv	Masha	Iza	Vera
09:10-09:55	A1	C1				
09:55-10:40	A2	Speed				
10:40-10:50						
10:50-11:35	A1	C1				
11:35-12:20	Lunch	C1			Iza 1+ Iza 2	Vera 2
12:20-12:30						
12:30-13:15	A2	Lunch	Kåsk +Vux			
13:15-14:00	A1	Speed		A2		Mark 13:05 – 13:50
14:00-14:10						
14:10-14:55					Iza 1	Vera 1
14:55-15:40	A2				Iza 2	
15:40-15:50						
15:50-16:35					Iza 2	Vera 2, Vera 3
16:35-17:20					Iza 1	Vera 1
17:20-17:30						
17:30-18:15					Iza 1	Vera 2, Vera 3
18:15-19:00					Iza 2	Vera 1

Tränings mängd för varje grupp v.32

V1 17 is + 4 mark + 2 dans

A1 16 is + 3 mark + 2 dans

A2 14 is + 3 mark + 2 dans

C1 12 is + 3 mark + 2 dans

Speed 11 is + 4 mark + 1 dans

Kåsk 6 is + 5 mark

Vux 6 is + 5 mark

Vera 1 18 is + 6 mark

Vera 2 18 is + 6 mark

Vera 3 12 is + 6 mark

Iza 1 18 is + 6 mark

Iza 2 18 is + 6 mark

Helena 8 is + 3 mark