

SK Triton vt-2025

| Grupp | Ålder | Antal pass/vecka | Antal timmar/vecka | Antal/grupp |
|---------|-------|--|--------------------|-------------|
| T6 | 15-25 | 8 simning á (5x2t + 1x1,5t+ 1x1,25t) + 2 styrka á 1t + 1land á 0,5t | 15,25 | |
| T5 | 14-15 | 6 simning á (2x2t + 1x1,75 t + 3x1,5t) + 2 styrka á 0,75t + 2 land á 0,25t | 12,25 | |
| T4 | 12-13 | 5 simning á (2x1,5t + 3x1,25t) + 3 land á 0,5 t | 8,25 | |
| T3 | 11-12 | 3 simning á (2x1,25t + 1x1t) + 2 land á 0,25t | 4 | |
| T2 | 9-11 | 3 simning á 1t + 2 land á 0,25t | 3,5 | |
| T1 | 7-9 | 2 simning á (1x1t + 1x0,75t) + 1 land á 0,25t | 2 | |
| S2 | 12-17 | 3 simning á (2x1t + 1x0,75t) + 1 land á 0,5t | 3,25 | |
| S1 | 7-12 | 1 simning á 1t + 1 land á 0,25t | 1,25 | |
| Masters | 18-99 | 3 simning á (1x1,25t + 2x1t) | 3,25 | |
| Vx | 25-99 | 2 simning á 1t | 2 | |

| T6 | | |
|----|-------------|---------|
| Må | 16:45-17:30 | styrka |
| | 17:30-19:30 | simning |
| Ti | 18:00-18:45 | styrka |
| | 18:45-20:45 | simning |
| On | 18:15-19:00 | styrka |
| | 19:00-21:00 | simning |
| To | 16:45-17:30 | styrka |
| | 17:30-19:00 | simning |
| Fr | 06:00-07:15 | simning |
| | 17:30-19:00 | simning |
| Lö | 08:30-10:30 | simning |
| | 15:30-17:30 | simning |

| T5 | | |
|----|--------------|---------|
| Må | 17:45-18:30 | styrka |
| | 18:30-20:00 | simning |
| Ti | 16:45-17:00 | land |
| | 17:00-18:45 | simning |
| On | 16:45-17:30 | styrka |
| | 17:30-19:00 | simning |
| To | 16:15-16:30 | land |
| | 16:30-18:00 | simning |
| Lö | 08:30-10:30* | simning |
| | 15:30-17:30 | simning |

| T4 | | |
|----|-------------|---------|
| Må | 16:45-17:15 | land |
| | 17:15-18:30 | simning |
| On | 16:00-17:30 | simning |
| To | 15:45-16:15 | land |
| | 16:15-17:30 | simning |
| Fr | 16:00-17:30 | simning |
| Sö | 08:45-09:15 | land |
| | 09:15-10:30 | simning |

| | | |
|----|-------------|---------|
| T3 | | |
| Må | 15:45-16:00 | land |
| | 16:00-17:15 | simning |
| To | 17:45-18:00 | land |
| | 18:00-19:00 | simning |
| Lö | 14:15-14:30 | land |
| | 14:30-15:30 | simning |

| | | |
|----|-------------|---------|
| T2 | | |
| Må | 16:15-16:30 | land |
| | 16:30-17:30 | simning |
| Ti | 16:00-17:00 | simning |
| Lö | 09:45-10:00 | land |
| | 10:00-11:00 | simning |

| | | |
|-----|-------------|---------|
| T1a | | |
| Må | 15:15-15:30 | land |
| | 15:30-16:15 | simning |
| Lö | 11:00-12:00 | simning |

| | | |
|-----|-------------|---------|
| T1b | | |
| To | 15:30-16:30 | simning |
| Lö | 13:15-13:30 | simning |
| | 13:30-14:15 | simning |

| | | |
|-----|-------------|---------|
| T1c | | |
| Fr | 15:00-15:15 | land |
| | 15:15-16:00 | simning |
| Sö | 15:45-16:45 | simning |

| | | |
|----|-------------|---------|
| S2 | | |
| Må | 19:00-19:30 | land |
| | 19:30-20:15 | simning |
| On | 20:00-21:00 | simning |
| Sö | 18:15-19:15 | simning |

| | | |
|-----|-------------|---------|
| S1a | | |
| Sö | 09:00-09:15 | land |
| | 09:15-10:15 | simning |

| | | |
|-----|-------------|---------|
| S1b | | |
| Sö | 16:45-17:00 | land |
| | 17:15-18:15 | simning |

| | | |
|---------|-------------|---------|
| Masters | | |
| Ti | 20:30-21:30 | simning |
| To | 20:30-21:30 | simning |
| Sö | 19:15-20:30 | simning |

| | | |
|----|-------------|---------|
| Vx | | |
| On | 21:00-22:00 | simning |
| Sö | 08:00-09:00 | simning |