

Landshold

2023 - Første halvår

Uge	M	T	O	T	F	L	S	Aktivitet
1	2/1	3/1	4/1	5/1	6/1	7/1	8/1	Træningslejr (Sydafrika)
2	9/1	10/1	11/1	12/1	13/1	14/1	15/1	Træningslejr (Sydafrika)
3	16/1	17/1	18/1	19/1	20/1	21/1	22/1	
4	23/1	24/1	25/1	26/1	27/1	28/1	29/1	
5	30/1	31/1	1/2	2/2	3/2	4/2	5/2	Biomekanisk + Fysisk testning
6	6/2	7/2	8/2	9/2	10/2	11/2	12/2	
7	13/2	14/2	15/2	16/2	17/2	18/2	19/2	
8	20/2	21/2	22/2	23/2	24/2	25/2	26/2	
9	27/2	28/2	1/3	2/3	3/3	4/3	5/3	Øst/Vest Langbane
10	6/3	7/3	8/3	9/3	10/3	11/3	12/3	
11	13/3	14/3	15/3	16/3	17/3	18/3	19/3	
12	20/3	21/3	22/3	23/3	24/3	25/3	26/3	
13	27/3	28/3	29/3	30/3	31/3	1/4	2/4	Danish Open, Bellahøj
14	3/4	4/4	5/4	6/4	7/4	8/4	9/4	Danish Open, Bellahøj
15	10/4	11/4	12/4	13/4	14/4	15/4	16/4	Swim Open Stockholm
16	17/4	18/4	19/4	20/4	21/4	22/4	23/4	
17	24/4	25/4	26/4	27/4	28/4	29/4	30/4	
18	1/5	2/5	3/5	4/5	5/5	6/5	7/5	Biomekanisk + Fysisk testning
19	8/5	9/5	10/5	11/5	12/5	13/5	14/5	Mare Nostrum (Canet)
20	15/5	16/5	17/5	18/5	19/5	20/5	21/5	Mare Nostrum (Barcelona) + VM Træningslejr
21	22/5	23/5	24/5	25/5	26/5	27/5	28/5	VM Træningslejr
22	29/5	30/5	31/5	1/6	2/6	3/6	4/6	VM Træningslejr
23	5/6	6/6	7/6	8/6	9/6	10/6	11/6	
24	12/6	13/6	14/6	15/6	16/6	17/6	18/6	
25	19/6	20/6	21/6	22/6	23/6	24/6	25/6	DM Langbane, Nørresundby
26	26/6	27/6	28/6	29/6	30/6	1/7	2/7	
27	3/7	4/7	5/7	6/7	7/7	8/7	9/7	
28	10/7	11/7	12/7	13/7	14/7	15/7	16/7	Pre Camp, Nagano (datoer ikke bekræftet)
29	17/7	18/7	19/7	20/7	21/7	22/7	23/7	VM Langbane, Fukuoka
30	24/7	25/7	26/7	27/7	28/7	29/7	30/7	VM Langbane, Fukuoka

Rejsedage	Træningslejr / dage
Stævne	Nationale stævner

2023 - Andet halvår

Uge	M	T	O	T	F	L	S	Aktivitet
31	31/7	1/8	2/8	3/8	4/8	5/8	6/8	
32	7/8	8/8	9/8	10/8	11/8	12/8	13/8	
33	14/8	15/8	16/8	17/8	18/8	19/8	20/8	
34	21/8	22/8	23/8	24/8	25/8	26/8	27/8	
35	28/8	29/8	30/8	31/8	1/9	2/9	3/9	
36	4/9	5/9	6/9	7/9	8/9	9/9	10/9	
37	11/9	12/9	13/9	14/9	15/9	16/9	17/9	Biomekanisk + Fysisk Testning / Event Camp
38	18/9	19/9	20/9	21/9	22/9	23/9	24/9	Træningslejr (OL, landshold, udviklingslandshold)
39	25/9	26/9	27/9	28/9	29/9	30/9	1/10	Træningslejr (OL, landshold, udviklingslandshold)
40	2/10	3/10	4/10	5/10	6/10	7/10	8/10	Øst/Vest Kortbane
41	9/10	10/10	11/10	12/10	13/10	14/10	15/10	
42	16/10	17/10	18/10	19/10	20/10	21/10	22/10	
43	23/10	24/10	25/10	26/10	27/10	28/10	29/10	
44	30/10	31/10	1/11	2/11	3/11	4/11	5/11	
45	6/11	7/11	8/11	9/11	10/11	11/11	12/11	
46	13/11	14/11	15/11	16/11	17/11	18/11	19/11	DM Hold
47	20/11	21/11	22/11	23/11	24/11	25/11	26/11	
48	27/11	28/11	29/11	30/11	1/12	2/12	3/12	Forberedelse, Bucharest
49	4/12	5/12	6/12	7/12	8/12	9/12	10/12	EM Kortbane, Bucharest
50	11/12	12/12	13/12	14/12	15/12	16/12	17/12	DM Kortbane, Greve
51	18/12	19/12	20/12	21/12	22/12	23/12	24/12	
52	25/12	26/12	27/12	28/12	29/12	30/12	31/12	

Rejsedage	Træningslejr / dage
Stævne	Nationale stævner

Udviklingslandshold

2023 - Første halvår

Uge	M	T	O	T	F	L	S	Aktivitet
1	2/1	3/1	4/1	5/1	6/1	7/1	8/1	
2	9/1	10/1	11/1	12/1	13/1	14/1	15/1	
3	16/1	17/1	18/1	19/1	20/1	21/1	22/1	
4	23/1	24/1	25/1	26/1	27/1	28/1	29/1	
5	30/1	31/1	1/2	2/2	3/2	4/2	5/2	Biomekanisk + Fysisk testning
6	6/2	7/2	8/2	9/2	10/2	11/2	12/2	
7	13/2	14/2	15/2	16/2	17/2	18/2	19/2	
8	20/2	21/2	22/2	23/2	24/2	25/2	26/2	
9	27/2	28/2	1/3	2/3	3/3	4/3	5/3	Øst/Vest Langbane
10	6/3	7/3	8/3	9/3	10/3	11/3	12/3	
11	13/3	14/3	15/3	16/3	17/3	18/3	19/3	
12	20/3	21/3	22/3	23/3	24/3	25/3	26/3	
13	27/3	28/3	29/3	30/3	31/3	1/4	2/4	Danish Open, Bellahøj
14	3/4	4/4	5/4	6/4	7/4	8/4	9/4	Danish Open, Bellahøj
15	10/4	11/4	12/4	13/4	14/4	15/4	16/4	Swim Open Stockholm
16	17/4	18/4	19/4	20/4	21/4	22/4	23/4	
17	24/4	25/4	26/4	27/4	28/4	29/4	30/4	
18	1/5	2/5	3/5	4/5	5/5	6/5	7/5	Biomekanisk + Fysisk testning
19	8/5	9/5	10/5	11/5	12/5	13/5	14/5	
20	15/5	16/5	17/5	18/5	19/5	20/5	21/5	Mare Nostrum (Barcelona)
21	22/5	23/5	24/5	25/5	26/5	27/5	28/5	
22	29/5	30/5	31/5	1/6	2/6	3/6	4/6	
23	5/6	6/6	7/6	8/6	9/6	10/6	11/6	
24	12/6	13/6	14/6	15/6	16/6	17/6	18/6	
25	19/6	20/6	21/6	22/6	23/6	24/6	25/6	DM Langbane, Nørresundby
26	26/6	27/6	28/6	29/6	30/6	1/7	2/7	
27	3/7	4/7	5/7	6/7	7/7	8/7	9/7	
28	10/7	11/7	12/7	13/7	14/7	15/7	16/7	
29	17/7	18/7	19/7	20/7	21/7	22/7	23/7	
30	24/7	25/7	26/7	27/7	28/7	29/7	30/7	University Games, Chengdu, Kina

Rejsedage	Træningslejr / dage
Stævne	Nationale stævner

2023 - Andet halvår

Uge	M	T	O	T	F	L	S	Aktivitet
31	31/7	1/8	2/8	3/8	4/8	5/8	6/8	University Games, Chengdu, Kina
32	7/8	8/8	9/8	10/8	11/8	12/8	13/8	EM U23, Dublin afrejse (08-08-23)
33	14/8	15/8	16/8	17/8	18/8	19/8	20/8	
34	21/8	22/8	23/8	24/8	25/8	26/8	27/8	
35	28/8	29/8	30/8	31/8	1/9	2/9	3/9	
36	4/9	5/9	6/9	7/9	8/9	9/9	10/9	
37	11/9	12/9	13/9	14/9	15/9	16/9	17/9	Biomekanisk + Fysisk Testning / Event Camp
38	18/9	19/9	20/9	21/9	22/9	23/9	24/9	Træningslejr (OL, landshold, udviklingslandshold)
39	25/9	26/9	27/9	28/9	29/9	30/9	1/10	Træningslejr (OL, landshold, udviklingslandshold)
40	2/10	3/10	4/10	5/10	6/10	7/10	8/10	Øst/Vest Kortbane
41	9/10	10/10	11/10	12/10	13/10	14/10	15/10	
42	16/10	17/10	18/10	19/10	20/10	21/10	22/10	
43	23/10	24/10	25/10	26/10	27/10	28/10	29/10	
44	30/10	31/10	1/11	2/11	3/11	4/11	5/11	
45	6/11	7/11	8/11	9/11	10/11	11/11	12/11	
46	13/11	14/11	15/11	16/11	17/11	18/11	19/11	DM Hold
47	20/11	21/11	22/11	23/11	24/11	25/11	26/11	
48	27/11	28/11	29/11	30/11	1/12	2/12	3/12	NM junior/Senior kortbane, Tartu, Estland
49	4/12	5/12	6/12	7/12	8/12	9/12	10/12	
50	11/12	12/12	13/12	14/12	15/12	16/12	17/12	DM Kortbane, Greve
51	18/12	19/12	20/12	21/12	22/12	23/12	24/12	
52	25/12	26/12	27/12	28/12	29/12	30/12	31/12	

Rejsedage	Træningslejr / dage
Stævne	Nationale stævner