**P16**

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|  | **Pass1 Fredag** | | | **Pass 2 Lördag (Dagen innan Match)** | | | **Pass 3** | | |
| **V7** | **Grupp 1** | **Grupp 2** | **Grupp 3** | **Grupp 1** | **Grupp 2** | **Grupp 3** | **Grupp 1** | **Grupp 2** | **Grupp 3** |
|  | **Löpning**  **1km x 6**  **Under tiden man vila ska man göra:**  **10 ben böjer**  **10 Utfall steg**  **60 Tricycle**  **10 Parachute**  **10 Arm övningar** | **Löpning**  **2 x 3km**  **Under vilan**  **2x30m Utfall**  **2x30m höga knä** | **Löpning**  **5km** | **Yoga** | **Yoga** | **Yoga** |  |  |  |

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|  | **Pass1 Måndag (Dagen efter match)** | | | **Pass 2 Onsdag (passet kommer senare)** | | | **Pass 3 Fredag (Dagen innan Match: Ystad)** | | |
| **V8** | **Grupp 1** | **Grupp 2** | **Grupp 3** | **Grupp 1** | **Grupp 2** | **Grupp 3** | **Grupp 1** | **Grupp 2** | **Grupp 3** |
|  | **Yoga** | **Yoga** | **Yoga** | **Fys** | **Fys** | **Fys** | **Yoga** | **Yoga** | **Yoga** |

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|  | **Pass1** | | | **Pass 2** | | | **Pass 3** | | |
| **V9** | **Grupp 1** | **Grupp 2** | **Grupp 3** | **Grupp 1** | **Grupp 2** | **Grupp 3** | **Grupp 1** | **Grupp 2** | **Grupp 3** |
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| **Grupp 1** | **Grupp 2** | **Grupp 3** |
| **Abdullah**  **Abiel**  **Alexander**  **Kays**  **Nadim**  **Mohammad**  **Yassin**  **Ström** | **AHMED**  **Anton**  **Fabian**  **Saif**  **Milot**  **Assi**  **Maiwan**  **Najib** | **Ammar**  **David**  **Hugo**  **Jannakis**  **Oliver**  **Ramzy**  **Viggo**  **Lorent** |