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| **Måned** | **Januar** | | | | | **Februar** | | | | **Marts** | | | | **April** | | | | | **Maj** | | | | **Juni** | | | |
| Uge | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Stævner |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Prioritet (1-3) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tema |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fysisk fokus |  | | | | |  | | | |  | | | |  | | | | |  | | | |  | | | |
| Taktisk fokus |  | | | | |  | | | |  | | | |  | | | | |  | | | |  | | | |
| Teknisk fokus |  | | | | |  | | | |  | | | |  | | | | |  | | | |  | | | |
| Mentalt fokus |  | | | | |  | | | |  | | | |  | | | | |  | | | |  | | | |

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| **Måned** | **Januar** | | | | | **Februar** | | | | **Marts** | | | | **April** | | | | | **Maj** | | | | **Juni** | | | |
| Uge | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 |
| Stævner |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Prioritet (1-3) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tema |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Taktisk fokus |  | | | | |  | | | |  | | | |  | | | | |  | | | |  | | | |
| Teknisk fokus |  | | | | |  | | | |  | | | |  | | | | |  | | | |  | | | |
| Mentalt fokus |  | | | | |  | | | |  | | | |  | | | | |  | | | |  | | | |