

Harmonogram športovej prípravy 2022/2023 - A, J, PD

Jún		Júl		August		September		Október		November		December 2022			Január 2023			Február 2023		
"A"	"J"	"A"	"J", "PD"	"A"	"J"	"A"	"J"	"PD"	"A"	"J", "PD"	"A"	"J"	"PD"	"A"	"J"	"PD"	"A"	"J"	"PD"	
1 Wed		1 Fri		1 Mon		1 Thu		1 Sun		1 Tue		1 Thu		1 Sun		1 Wed		1 Wed		
2 Thu		2 Sat		2 Tue		2 Fri		2 Sun		2 Wed		2 Fri		2 Mon		2 Thu		2 Thu		
3 Fri		3 Sun		3 Wed		3 Sat		3 Mon		3 Thu		3 Sat		3 Tue		3 Fri		3 Fri		
4 Sat		4 Mon	Krynica/PL klzisko	4 Thu		4 Sun		4 Tue		4 Fri		4 Sun		4 Wed		4 Sat		4 Sat		
5 Sun		5 Tue		5 Fri		5 Mon		5 Wed		5 Sat		5 Mon		5 Thu		5 Sun		5 Sun		
6 Mon		6 Wed		6 Sat		6 Tue		6 Thu		6 Sun		6 Tue		6 Fri		6 Mon		6 Mon		
7 Tue		7 Thu	Prír.dr. - sústredenie koleseka Tatry - Žiadi	7 Sun		7 Wed		7 Fri		7 Mon		7 Wed		7 Sat		7 Tue		7 Tue		
8 Wed		8 Fri		8 Mon		8 Thu		8 Sat		8 Tue		8 Thu		8 Sun		8 Wed		8 Wed		
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13 Mon		13 Wed		13 Sat		13 Tue		13 Thu		13 Sun		13 Tue		13 Fri		13 Mon		13 Mon		
14 Tue	VT Smokovec - kondičný tréning, tréning štartov na kolesekach	14 Thu		14 Sun		14 Wed		14 Fri		14 Mon		14 Wed		14 Sat		14 Tue		14 Tue		
15 Wed		15 Fri		15 Mon		15 Thu		15 Sat		15 Tue		15 Thu		15 Sun		15 Wed		15 Wed		
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21 Tue		21 Thu		21 Sun		21 Wed		21 Fri		21 Mon		21 Thu		21 Tue		21 Sat		21 Tue		
22 Wed	Krynica/PL klzisko	22 Fri		22 Mon		22 Thu		22 Sun		22 Tue		22 Thu		22 Sun		22 Wed		22 Wed		
23 Thu		23 Sat		23 Tue		23 Fri		23 Mon		23 Thu		23 Sat		23 Tue		23 Fri		23 Thu		
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26 Sun		26 Tue		26 Fri		26 Mon		26 Thu		26 Sun		26 Wed		26 Sat		26 Tue		26 Sun		
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28 Tue		28 Thu		28 Sun		28 Tue		28 Fri		28 Mon		28 Thu		28 Sun		28 Wed		28 Tue		
29 Wed		29 Fri		29 Mon		29 Thu		29 Sun		29 Tue		29 Fri		29 Mon		29 Thu		29 Wed		
30 Thu		30 Sat		30 Tue		30 Fri		30 Sun		30 Wed		30 Sat		30 Mon		30 Thu		30 Thu		
31 Fri		31 Sun		31 Wed		31 Sat		31 Tue		31 Fri		31 Sun		31 Wed		31 Sat		31 Fri		