

KOCK Træningsplan 2025

Uge 13	Søndag	KOCK25#000-28Km-66Hm (Standerhejsning) https://connect.garmin.com/modern/course/87969200
Uge 14	Onsdag	KOCK25#002-32Km-230Hm https://connect.garmin.com/modern/course/87761000 KOCK25#004-35Km-283Hm https://connect.garmin.com/modern/course/269957531
Uge 14	Søndag	KOCK25#031-59Km-457Hm https://connect.garmin.com/modern/course/87759553 KOCK25#033-62Km-340Hm https://connect.garmin.com/modern/course/87759711
Uge 15	Onsdag	KOCK25#008-37Km-166Hm https://connect.garmin.com/modern/course/327101504 KOCK25#010-42Km-229Hm https://connect.garmin.com/modern/course/87968808
Uge 15	Søndag	KOCK25#035-68Km-518Hm https://connect.garmin.com/modern/course/87763381 KOCK25#037-69Km-484Hm https://connect.garmin.com/modern/course/141333009
Uge 16	Onsdag	KOCK25#011-42Km-325Hm https://connect.garmin.com/modern/course/87968459 KOCK25#013-44Km-117Hm https://connect.garmin.com/modern/course/260152998
Uge 16	Søndag	KOCK25#038-70Km-622Hm https://connect.garmin.com/modern/course/87760875 KOCK25#040-72Km-354Hm https://connect.garmin.com/modern/course/327202740
Uge 17	Onsdag	KOCK25#014-44Km-374Hm https://connect.garmin.com/modern/course/87969129 KOCK25#017-47Km-214Hm https://connect.garmin.com/modern/course/87968984
Uge 17	Søndag	KOCK25#041-73Km-478Hm https://connect.garmin.com/modern/course/141332519 KOCK25#043-75Km-549Hm https://connect.garmin.com/modern/course/87850887
Uge 18	Onsdag	KOCK25#018-48Km-321Hm https://connect.garmin.com/modern/course/146043403 KOCK25#020-49Km-133Hm https://connect.garmin.com/modern/course/87760755

Uge 18	Søndag	KOCK25#039-70Km-528Hm https://connect.garmin.com/modern/course/87762767 KOCK25#042-75Km-633Hm https://connect.garmin.com/modern/course/87760521
Uge 19	Onsdag	Herefter Ryttermøde KOCK25#021-51Km-353Hm https://connect.garmin.com/modern/course/87968880 KOCK25#023-53Km-385Hm https://connect.garmin.com/modern/course/87968708
Uge 19	Søndag	KOCK25#044-76Km-656Hm https://connect.garmin.com/modern/course/87852338 KOCK25#047-78Km-568Hm https://connect.garmin.com/modern/course/87851605
Uge 20	Onsdag	KOCK25#019-48Km-384Hm https://connect.garmin.com/modern/course/269481503 KOCK25#024-53Km-341Hm https://connect.garmin.com/modern/course/146296626
Uge 20	Søndag	KOCK25#049-80Km-618Hm https://connect.garmin.com/modern/course/87760250 KOCK25#051-81Km-461Hm https://connect.garmin.com/modern/course/159157898
Uge 21	Onsdag	KOCK25#025-53Km-133Hm https://connect.garmin.com/modern/course/87968314 KOCK25#029-57Km-440Hm https://connect.garmin.com/modern/course/87851247
Uge 21	Søndag	KOCK25#050-81Km-451Hm https://connect.garmin.com/modern/course/147082721 KOCK25#055-83Km-587Hm https://connect.garmin.com/modern/course/87761206
Uge 22	Onsdag	KOCK25#027-54Km-365Hm https://connect.garmin.com/modern/course/87968899 KOCK25#030-57Km-471Hm https://connect.garmin.com/modern/course/87762270
Uge 22	Søndag	KOCK25#054-82Km-611Hm https://connect.garmin.com/modern/course/87968744 KOCK25#060-89Km-635Hm https://connect.garmin.com/modern/course/87968620
Uge 23	Onsdag	KOCK25#031-59Km-457Hm https://connect.garmin.com/modern/course/87759553 KOCK25#033-62Km-340Hm https://connect.garmin.com/modern/course/87759711

Uge 23	Søndag	KOCK25#052-81Km-479Hm https://connect.garmin.com/modern/course/87852201 KOCK25#061-89Km-647Hm https://connect.garmin.com/modern/course/87762478
Uge 24	Onsdag	KOCK25#028-56Km-463Hm https://connect.garmin.com/modern/course/269958500 KOCK25#031-59Km-457Hm https://connect.garmin.com/modern/course/87759553
Uge 24	Søndag	KOCK25#051-81Km-461Hm https://connect.garmin.com/modern/course/159157898 KOCK25#063-93Km-769Hm https://connect.garmin.com/modern/course/87850948
Uge 25	Onsdag	KOCK25#026-54Km-368Hm https://connect.garmin.com/modern/course/327125305 KOCK25#034-64Km-487Hm https://connect.garmin.com/modern/course/87761130
Uge 25	Søndag	KOCK25#056-83Km-637Hm https://connect.garmin.com/modern/course/87851648 KOCK25#059-88Km-820Hm https://connect.garmin.com/modern/course/87762860
Uge 26	Onsdag	KOCK25#028-56Km-463Hm https://connect.garmin.com/modern/course/269958500 KOCK25#035-68Km-518Hm https://connect.garmin.com/modern/course/87763381
Uge 26	Søndag	KOCK25#062-93Km-610Hm https://connect.garmin.com/modern/course/87852930 KOCK25#065-100Km-970Hm (Bakketræning) https://connect.garmin.com/modern/course/327248246
Uge 27	Onsdag	KOCK25#022-52Km-187Hm https://connect.garmin.com/modern/course/87849958 KOCK25#032-60Km-537Hm https://connect.garmin.com/modern/course/87763320
Uge 27	Søndag	Herefter Ryttermøde KOCK25#058-88Km-610Hm https://connect.garmin.com/modern/course/87760630 KOCK25#062-93Km-610Hm https://connect.garmin.com/modern/course/87852930
Uge 28	Onsdag	KOCK25#029-57Km-440Hm https://connect.garmin.com/modern/course/87851247 KOCK25#036-68Km-536Hm https://connect.garmin.com/modern/course/87850167

Uge 28	Søndag	KOCK25#053-81Km-510Hm https://connect.garmin.com/modern/course/262109495 KOCK25#066-104Km-921Hm https://connect.garmin.com/modern/course/87852542
Uge 29	Onsdag	KOCK25#030-57Km-471Hm https://connect.garmin.com/modern/course/87762270 KOCK25#037-69Km-484Hm https://connect.garmin.com/modern/course/141333009
Uge 29	Søndag	KOCK25#057-84Km-595Hm https://connect.garmin.com/modern/course/87850554 KOCK25#062-93Km-610Hm https://connect.garmin.com/modern/course/87852930
Uge 30	Onsdag	KOCK25#026-54Km-368Hm https://connect.garmin.com/modern/course/327125305 KOCK25#028-56Km-463Hm https://connect.garmin.com/modern/course/269958500
Uge 30	Søndag	KOCK25#059-88Km-820Hm https://connect.garmin.com/modern/course/87762860 KOCK25#064-99Km-570Hm https://connect.garmin.com/modern/course/147082427
Uge 31	Onsdag	KOCK25#023-53Km-385Hm https://connect.garmin.com/modern/course/87968708 KOCK25#028-56Km-463Hm https://connect.garmin.com/modern/course/269958500
Uge 31	Søndag	KOCK25#049-80Km-618Hm https://connect.garmin.com/modern/course/87760250 KOCK25#058-88Km-610Hm https://connect.garmin.com/modern/course/87760630
Uge 32	Onsdag	KOCK25#024-53Km-341Hm https://connect.garmin.com/modern/course/146296626 KOCK25#029-57Km-440Hm https://connect.garmin.com/modern/course/87851247
Uge 32	Søndag	KOCK25#060-89Km-635Hm https://connect.garmin.com/modern/course/87968620 KOCK25#067-109Km-585Hm https://connect.garmin.com/modern/course/87853011
Uge 33	Onsdag	KOCK25#022-52Km-187Hm https://connect.garmin.com/modern/course/87849958 KOCK25#027-54Km-365Hm https://connect.garmin.com/modern/course/87968899

Uge 33	Søndag	KOCK25#055-83Km-587Hm https://connect.garmin.com/modern/course/87761206 KOCK25#063-93Km-769Hm https://connect.garmin.com/modern/course/87850948
Uge 34	Onsdag	KOCK25#021-51Km-353Hm https://connect.garmin.com/modern/course/87968880 KOCK25#024-53Km-341Hm https://connect.garmin.com/modern/course/146296626
Uge 34	Søndag	KOCK25#061-89Km-647Hm https://connect.garmin.com/modern/course/87762478 KOCK25#075-135Km-517Hm (med Hals-Egense færgeren) https://connect.garmin.com/modern/course/327128797
Uge 35	Onsdag	KOCK25#025-53Km-133Hm https://connect.garmin.com/modern/course/87968314 KOCK25#030-57Km-471Hm https://connect.garmin.com/modern/course/87762270
Uge 35	Søndag	KOCK25#064-99Km-570Hm https://connect.garmin.com/modern/course/147082427 KOCK25#070-114Km-729Hm https://connect.garmin.com/modern/course/87969164
Uge 36	Onsdag	KOCK25#019-48Km-384Hm https://connect.garmin.com/modern/course/269481503 KOCK25#021-51Km-353Hm https://connect.garmin.com/modern/course/87968880
Uge 36	Søndag	KOCK25#056-83Km-637Hm https://connect.garmin.com/modern/course/87851648 KOCK25#074-128Km-484Hm (Fjorden rundt) https://connect.garmin.com/modern/course/87968509
Uge 37	Onsdag	KOCK25#023-53Km-385Hm https://connect.garmin.com/modern/course/87968708 KOCK25#026-54Km-368Hm https://connect.garmin.com/modern/course/327125305
Uge 37	Søndag	KOCK25#054-82Km-611Hm https://connect.garmin.com/modern/course/87968744 KOCK25#059-88Km-820Hm https://connect.garmin.com/modern/course/87762860
Uge 38	Onsdag	KOCK25#012-43Km-323Hm https://connect.garmin.com/modern/course/87852005 KOCK25#016-46Km-265Hm https://connect.garmin.com/modern/course/87968841

Uge 38	Søndag	KOCK25#047-78Km-568Hm https://connect.garmin.com/modern/course/87851605 KOCK25#052-81Km-479Hm https://connect.garmin.com/modern/course/87852201
Uge 39	Onsdag	KOCK25#009-38Km-327Hm https://connect.garmin.com/modern/course/87760031 KOCK25#012-43Km-323Hm https://connect.garmin.com/modern/course/87852005
Uge 39	Søndag	KOCK25#046-77Km-535Hm https://connect.garmin.com/modern/course/87762414 KOCK25#051-81Km-461Hm https://connect.garmin.com/modern/course/159157898
Uge 40	Onsdag	KOCK25#007-37Km-177Hm https://connect.garmin.com/modern/course/218489258 KOCK25#011-42Km-325Hm https://connect.garmin.com/modern/course/87968459
Uge 40	Søndag	KOCK25#040-72Km-354Hm https://connect.garmin.com/modern/course/327202740 KOCK25#045-76Km-425Hm https://connect.garmin.com/modern/course/87761968
Uge 41	Søndag	KOCK25#037-69Km-484Hm https://connect.garmin.com/modern/course/141333009 KOCK25#041-73Km-478Hm https://connect.garmin.com/modern/course/141332519
Uge 42	Søndag	KOCK25#000-28Km-66Hm (Sæsonafslutning) https://connect.garmin.com/modern/course/87969200