



Sesongplan 2025

Gresk romersk
Senior og U23

EM-forberedelser

Plan oppdatert pr.
18.12.25, endringer vil
kunne forekomme.

2025 - EC preparations

December 24		January		February		March		April		
1 Sø		1 On	FRI	1	1 Lø	1 Lø	2nd Ranking	1 Ti		
2 Ma	OSLO NOR	2 To	Camp Portugal		2 Sø	2 Sø	Camp CRO	2 On	NOR Camp Kr.sund prep w/sparring	
3 Ti		3 Fr			3 Ma	3 Ma		10		3 To
4 On		4 Lø			4 Ti	OSLO NOR		4 Ti		4 Fr
5 To		5 Sø			5 On	OSLO NOR		5 On		5 Lø
6 Fr		6 Ma		2	6 To	1st Ranking Zagreb CRO		6 To		6 Sø
7 Lø	7 Ti			7 Fr	Palusalu EST	7 Fr		7 Ma		15
8 Sø	8 On			8 Lø	Camp BUL U23	8 Lø		8 Ti		
9 Ma	9 To			9 Sø		OSLO NOR		9 Sø	9 On	EC Bratislava SLO
10 Ti	10 Fr		10 Ma	U23 EC Tirana ALB		10 Ma		10 To		
11 On	11 Lø		11 Ti			OSLO NOR		11 Ti	11 Fr	
12 To	12 Sø		12 On	Camp Porec CRO		12 On	12 Lø			
13 Fr	13 Ma	3	13 To			Petko Sirakov U23 Bulgaria	13 To	13 Sø		
14 Lø	14 Ti		14 Fr	NM		14 Fr	14 Ma	16		
15 Sø	15 On		15 Lø			OSLO NOR	15 Lø		15 Ti	
16 Ma	16 To		16 Sø			16 Sø	16 On			
17 Ti	17 Fr		17 Ma			8	17 Ma	FERIE SR		
18 On	18 Lø		18 Ti			18 Ti				
19 To	19 Sø		19 On			19 On				
20 Fr	20 Ma	4	20 To	OSLO NOR		20 To				
21 Lø	21 Ti		21 Fr	OSLO NOR		21 Fr				
22 Sø	22 On		22 Lø			22 Lø				
23 Ma	23 To		23 Sø			23 Sø				
24 Ti	FRI	24 Fr	Dan Kolov		24 Ma	24 Ma	13	24 To		
25 On		25 Lø	Varna		25 Ti	25 Ti		25 Fr		
26 To		26 Sø			26 On	26 On		26 Lø		
27 Fr		27 Ma			27 To	27 To		27 Sø		
28 Lø	OSLO NOR SR/U23	28 Ti			28 Fr	28 Fr	OSLO NOR	28 Ma	OSLO NOR	
29 Sø		29 On	OSLO NOR		29 Lø	29 Lø		29 Ti		
30 Ma		30 To			30 Sø	30 Sø	Prep. camp	30 On		
31 Ti	FRI	31 Fr			31 Ma	31 Ma	14			



Sesongplan 2025

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VM-forberedelser

Plan oppdatert pr.
18.12.25, endringer vil
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2025 - WC preparations

May		June		July		August		September		October	
1 To		1 Sø		1 TI		1 Fr		1 Ma		36	1 On
2 Fr		2 Ma		2 On	OSLO NOR	2 Lø		2 Ti	NOR Camp prep wsparring		2 To
3 Lø		3 Ti		3 To		3 Sø		3 On			3 Fr
4 Sø		4 On		4 Fr	Drusk-inikai LTU	4 Ma	OSLO NOR	32	4 To		4 Lø
5 Ma	19	5 To		5 Lø		5 Ti		5 Fr			5 Sø
6 Ti		6 Fr		6 Sø		6 On		6 Lø			6 Ma
7 On		7 Lø		7 Ma		28	7 To	GP GER -6w			7 Ti
8 To		8 Sø		8 Ti	Camp LTU		8 Fr	Dortmund ROM		37	8 On
9 Fr		9 Ma		9 On		9 Lø		9 Ti	NOR Camp prep wsparring		9 To
10 Lø		10 Ti		10 To		10 Sø		10 On			10 Fr
11 Sø		11 On	Camp Altitude Sierra Nevada	11 Fr		11 Ma		11 To		33	11 Lø
12 Ma	20	21 To		12 Lø		12 Ti		12 Fr			12 Sø
13 Ti		13 Fr		13 Sø		13 On		13 Lø			13 Ma
14 On		14 Lø		14 Ma	OSLO NOR	29	14 Th	14 Sø			14 Ti
15 To		15 Sø		15 Ti		15 Fr		15 Ma		38	15 On
16 Fr		16 Ma		16 On		16 Lø		16 Ti	WC Zagreb CRO		16 To
17 Lø		17 Ti		17 To	4th Ranking Budapest HUN	17 Sø		17 On			17 Fr
18 Sø		18 On		18 Fr		18 Ma		18 To		34	18 Lø
19 Ma		19 To		19 Lø		19 Ti		19 Fr			19 Sø
20 Ti		20 Fr		20 Sø		20 On		20 Lø			20 Ma
21 On	OSLO NOR	21 Lø		21 Ma		30	21 To	21 Sø			21 Ti
22 To		22 Sø		22 Ti	Camp Tata HUN		22 Fr			39	22 On
23 Fr		23 Ma		23 On	Pot. U20 deltar		23 Lø				23 To
24 Lø		24 Ti		24 To		24 Sø		24 On			24 Fr
25 Sø		25 On	OSLO NOR	25 Fr		25 Ma		25 To		35	25 Lø
26 Ma		26 To		26 Lø		26 Ti		26 Fr			26 Sø
27 Ti		27 Fr		27 Sø		27 O	OSLO NOR	27 Lø			27 Ma
28 On	OSLO NOR	28 Lø		28 Ma		31	28 To	28 Sø			28 Ti
29 To		29 Sø		29 Ti	OSLO NOR		29 Fr	29 Ma		40	29 On
30 Fr		30 Ma		30 On		30 Lø		30 Ti			30 To
31 Lø				31 To		31 Sø					31 Fr