

## Training Plan for Hordur Meistaraflokkur pre-season (summer time)

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**Heiti** : Training Plan for Hordur Meistaraflokkur pre-season (summer time)  
**Málsnúmer** : 2026030291  
**Málsaðili** : Héraðssamband Vestfirðinga  
**Skráð dags** : 22.04.2026 11:17:27  
**Höfundur** : Pedro Nunes <pedro@hordurhand.is>  
**Viðhengi** [MeistaraflokkurPreSeason.png](#)[MeistaraflokkurPreSeason.png](#)

Good morning,

lease find the attached training plan for the Hordur Meistaraflokkur pre-season.

I remain at your disposal if you require further information or clarification.

Thank you for your attention.

Kind regards,  
Pedro Nunes