

## **Tiras agilitytrening i 2015**

Mange små kombinasjoner, som kan gås på mange måter.

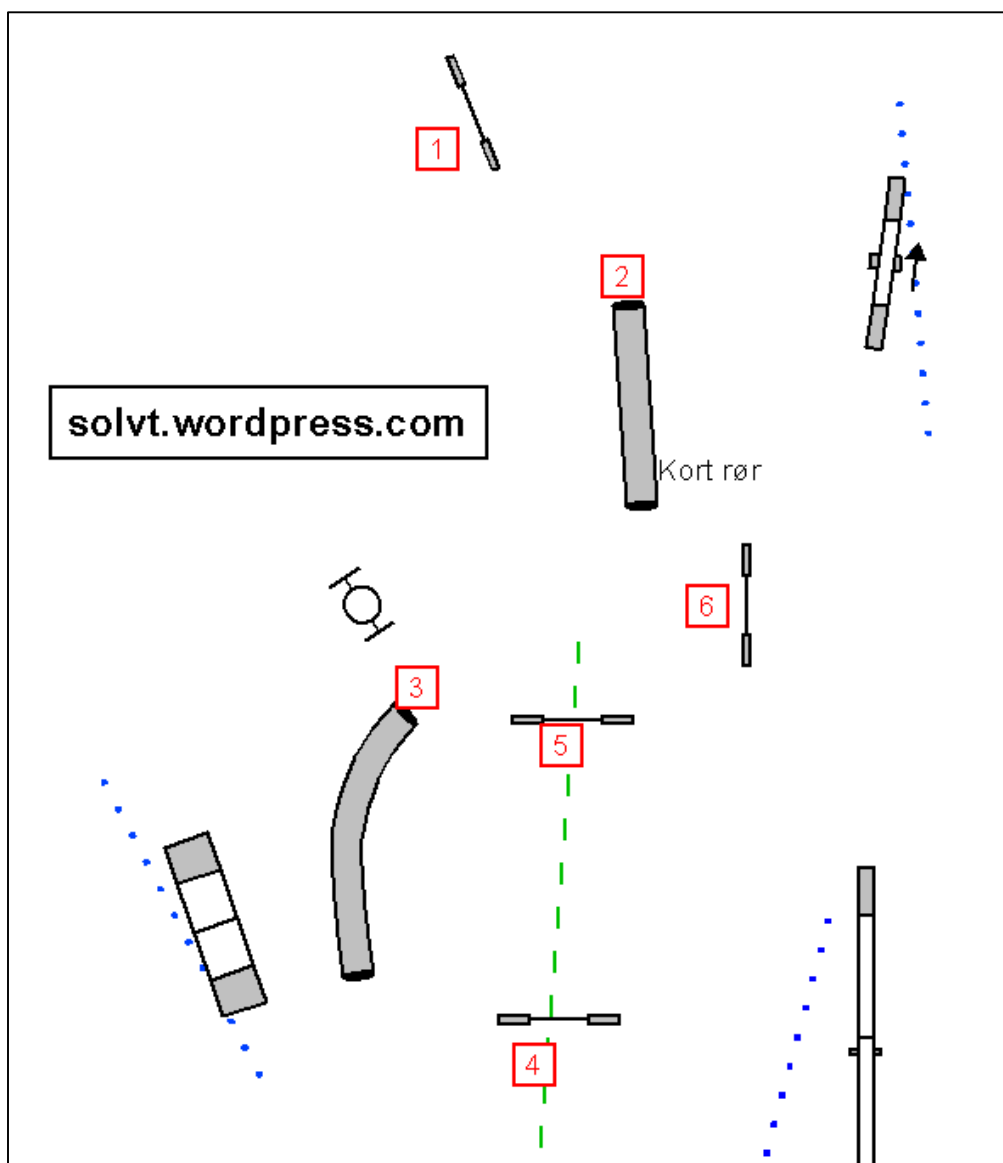
Kombinasjonene passer for nybegynnere, men vi la også opp til å få trent mange føringsteknikker på klasse 3-nivå.

# TRENING 9. april 2015:

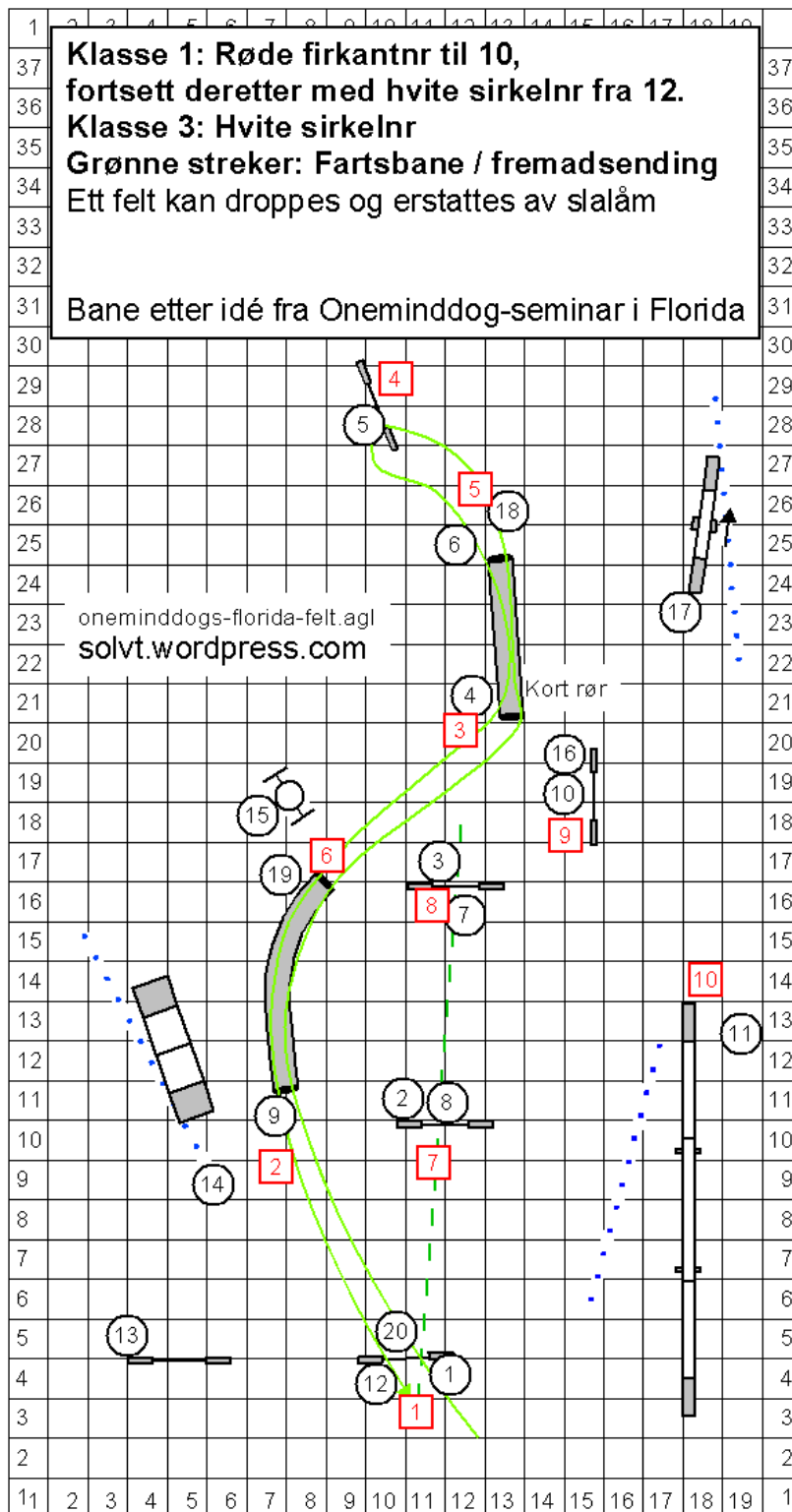
Blogg fra treningen:

<https://solvt.wordpress.com/2015/04/09/arets-forste-agility-trening-med-tira/>

Vi trente:



## Videregående nummerering:



# TRENING 13. APRIL 2015

Blogg med bilder og video fra treningen:

<https://solvt.wordpress.com/2015/04/13/man-134-agility-med-tira-i-solskinn-mvideo-og-bilder/>

**TRENING PÅ:**  
Svinge tight ut av buet + rett rør, fremsending, city/highway på kort rør, sideveis avstand, fartssirkel, tre mellom, push between, rundt/ta hinder fra baksiden, blindbytte, framforbytter, Wrap med + uten blindbytte, backlap, twist, jaakko, snutebytte + snute blindbytte, måvals, layering.....

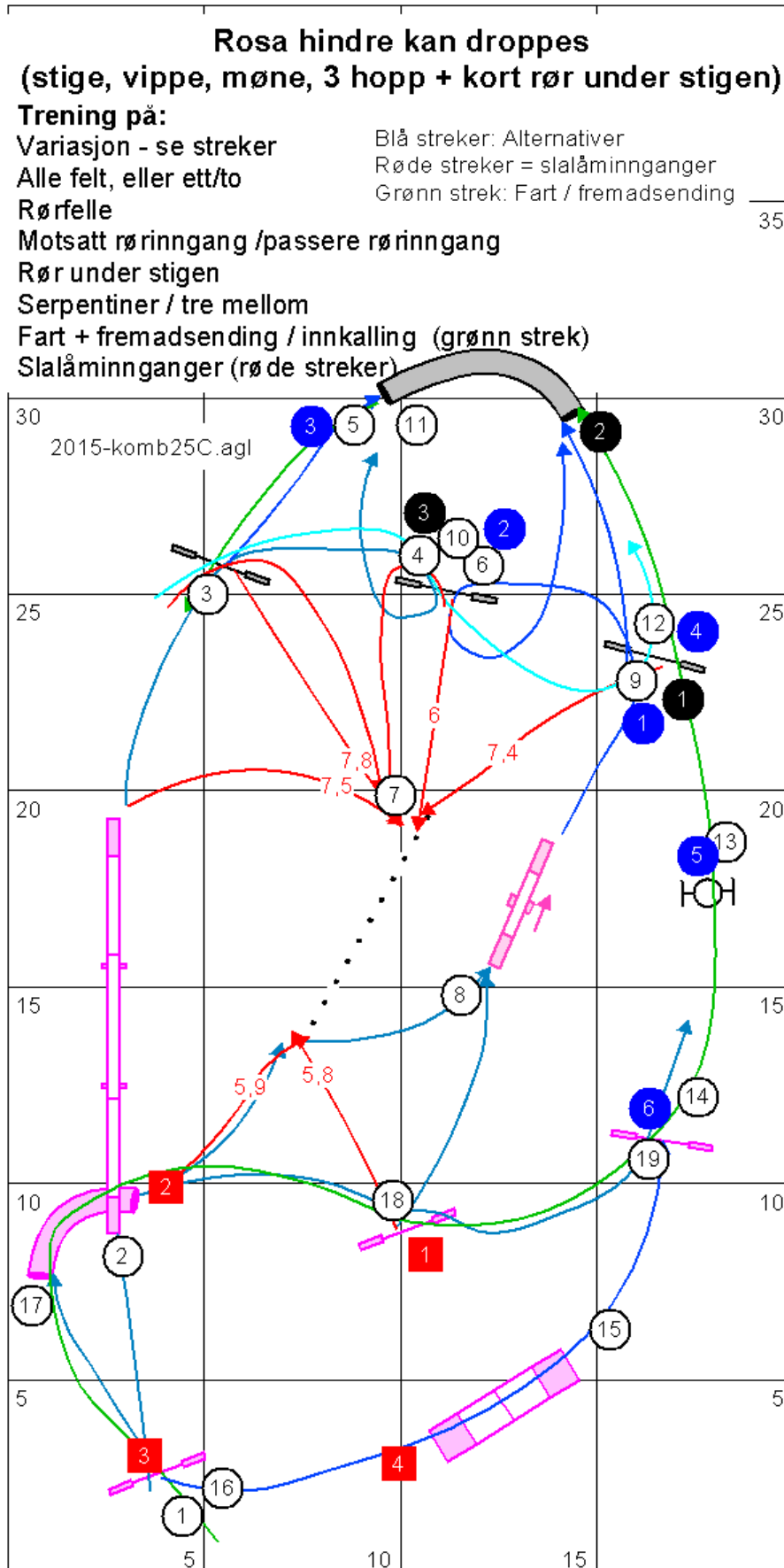
komb58-2014.agl  
solvt.wordpress.com  
<http://youtu.be/3Cf8ogmsDol>

The diagram consists of four quadrants separated by a red dashed crosshair. Each quadrant shows a different agility exercise with numbered markers (1-13) and colored paths (black, red, blue, green) indicating the movement sequence. The exercises involve navigating around obstacles like cones and poles, performing tight turns, and specific maneuvers like 'push between' and 'wrap'.

# TRENING 14. APRIL 2015

Blogg med bilder og video fra treningen:

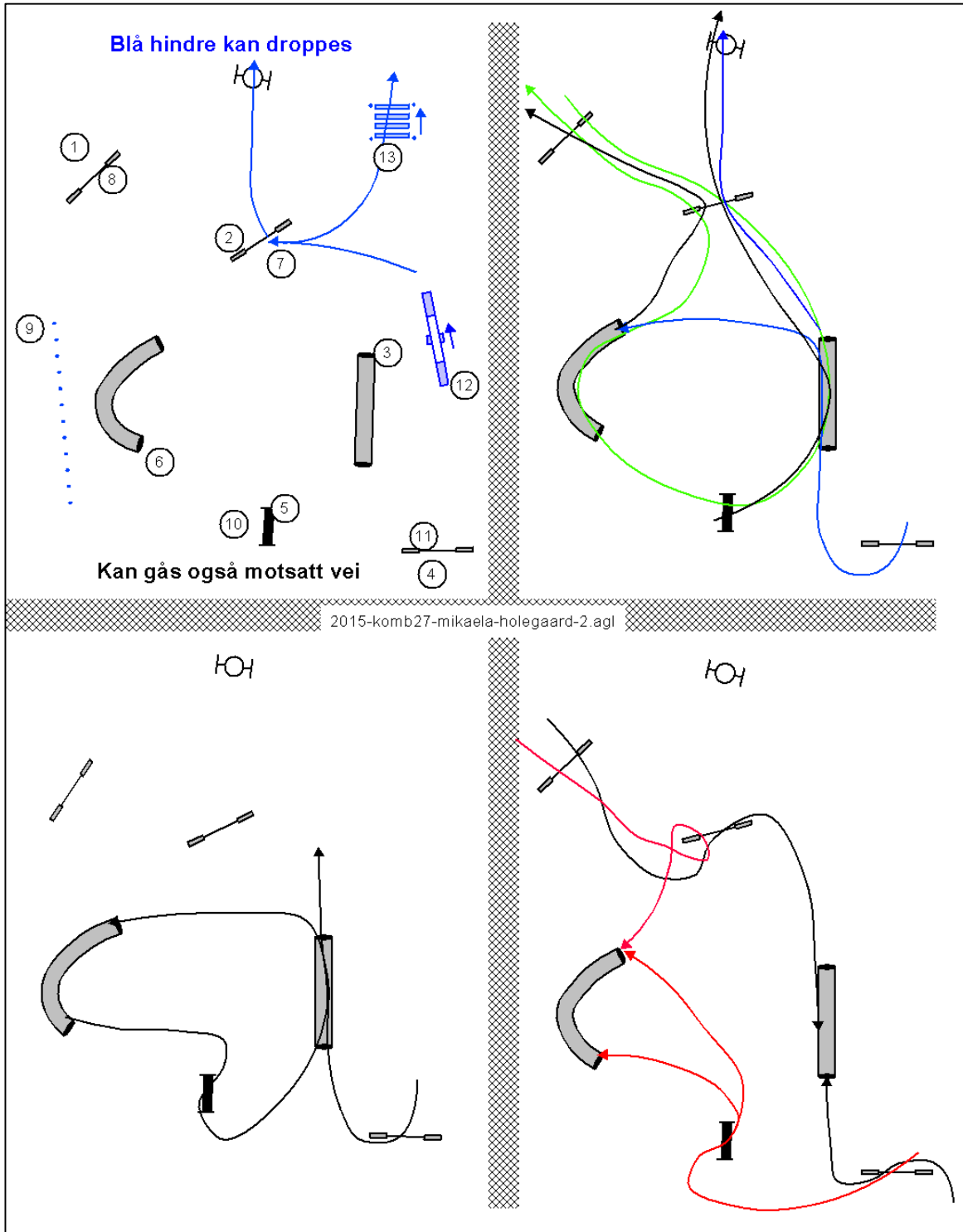
<https://solvt.wordpress.com/2015/04/15/tir-144-agilitytrening-med-tira/>



# TRENING 15. APRIL 2015:

Blogg med bilder og video fra treningen:

<https://solvt.wordpress.com/2015/04/16/ons-154-tredje-dag-med-agility-bilder/>



# TRENING 20. APRIL 2015

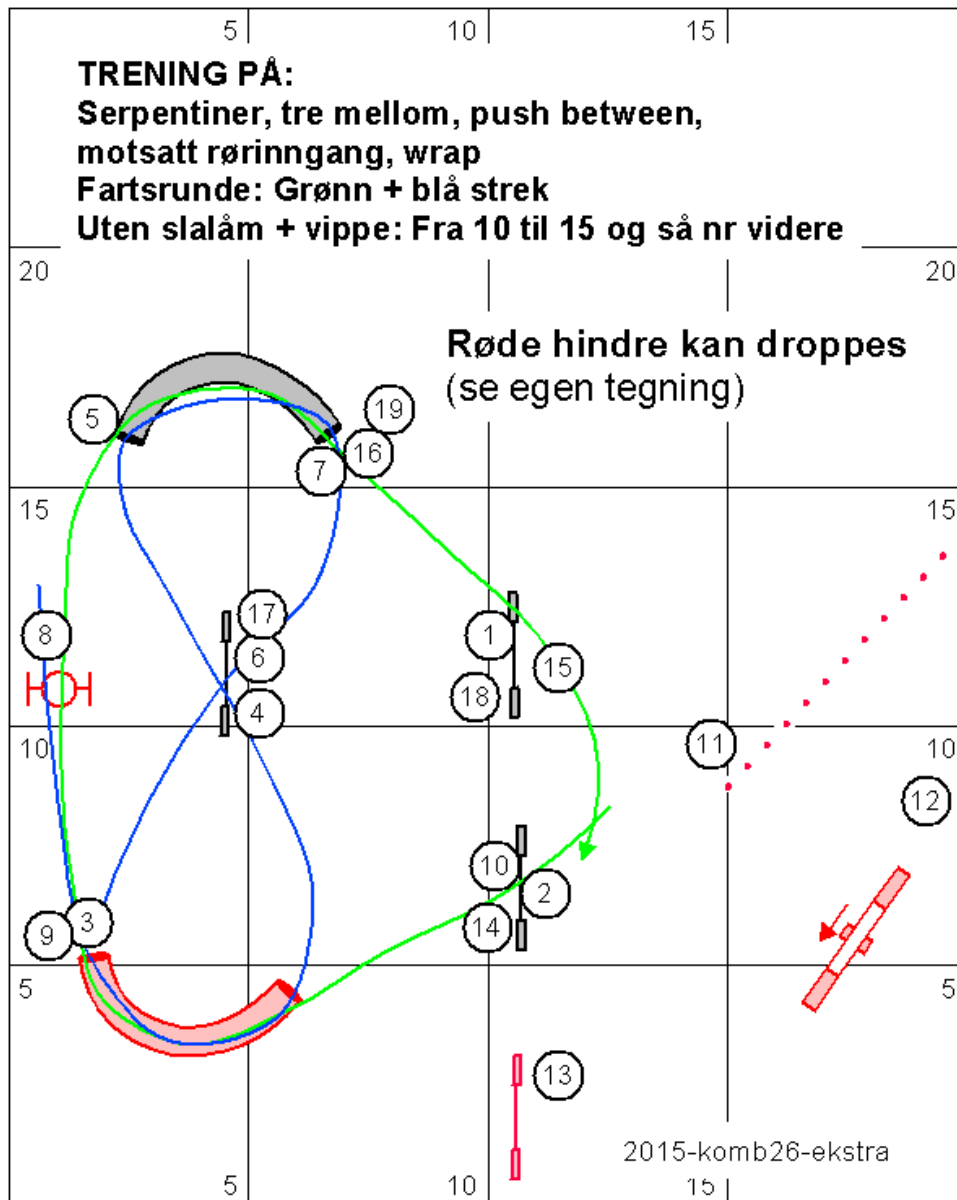
Blogg med video og bilder fra trening:

<https://solvt.wordpress.com/2015/04/20/man-204-sommer-sol-og-agility/>

Etter ide av Mikaela Hølegård (se bloggen):

FRAMFORBYTTE-TRENING	RUNDT-TRENING
<b>Mikaela Hølegård</b>	
Først rød strek, så blå strek	Først rød strek, så blå strek
VIDEO: <a href="https://youtu.be/RUbjvrXwH54">https://youtu.be/RUbjvrXwH54</a>	VIDEO: <a href="https://youtu.be/QNv0N-TNUKE">https://youtu.be/QNv0N-TNUKE</a>
	<b>FORCED FRONT CROSS-TRENING</b>
	Først rød strek, så blå strek
2015-komb26-mikaela-holegaard.agl	

Røde hindre = tilleggshindre i forhold Mikaela Hølegårds tegning:



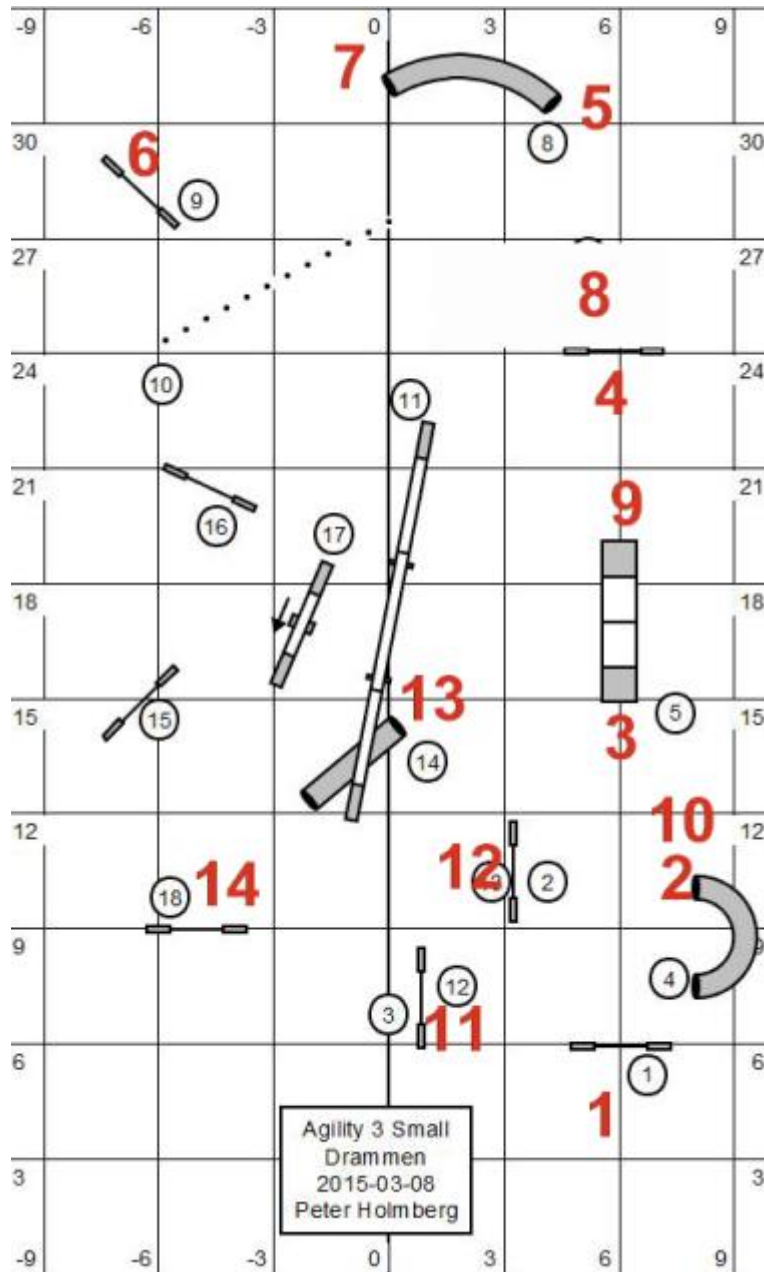


# TRENING 22. APRIL 2015

Blogg med video fra treningen:

<https://solvt.wordpress.com/2015/04/23/ons-224-agilitytrening-med-tira/>

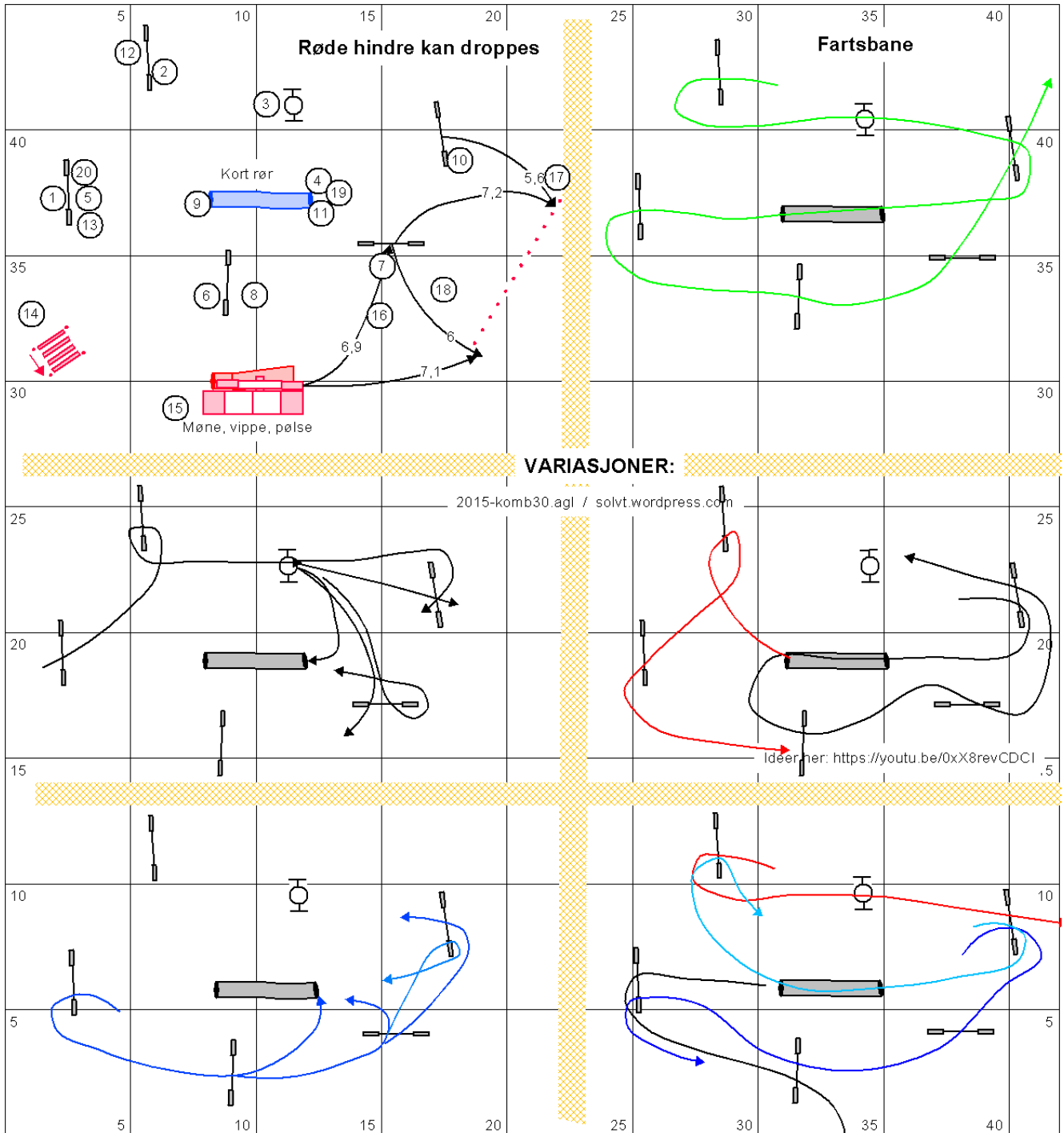
Jeg laget min egen variant for Tiras trening = røde hindre.  
Tira snublet på vei opp mønet, så vi fikk litt ekstra å jobbe med.



# TRENING 27. APRIL 2015

Blogg med video og bilder fra treningen:

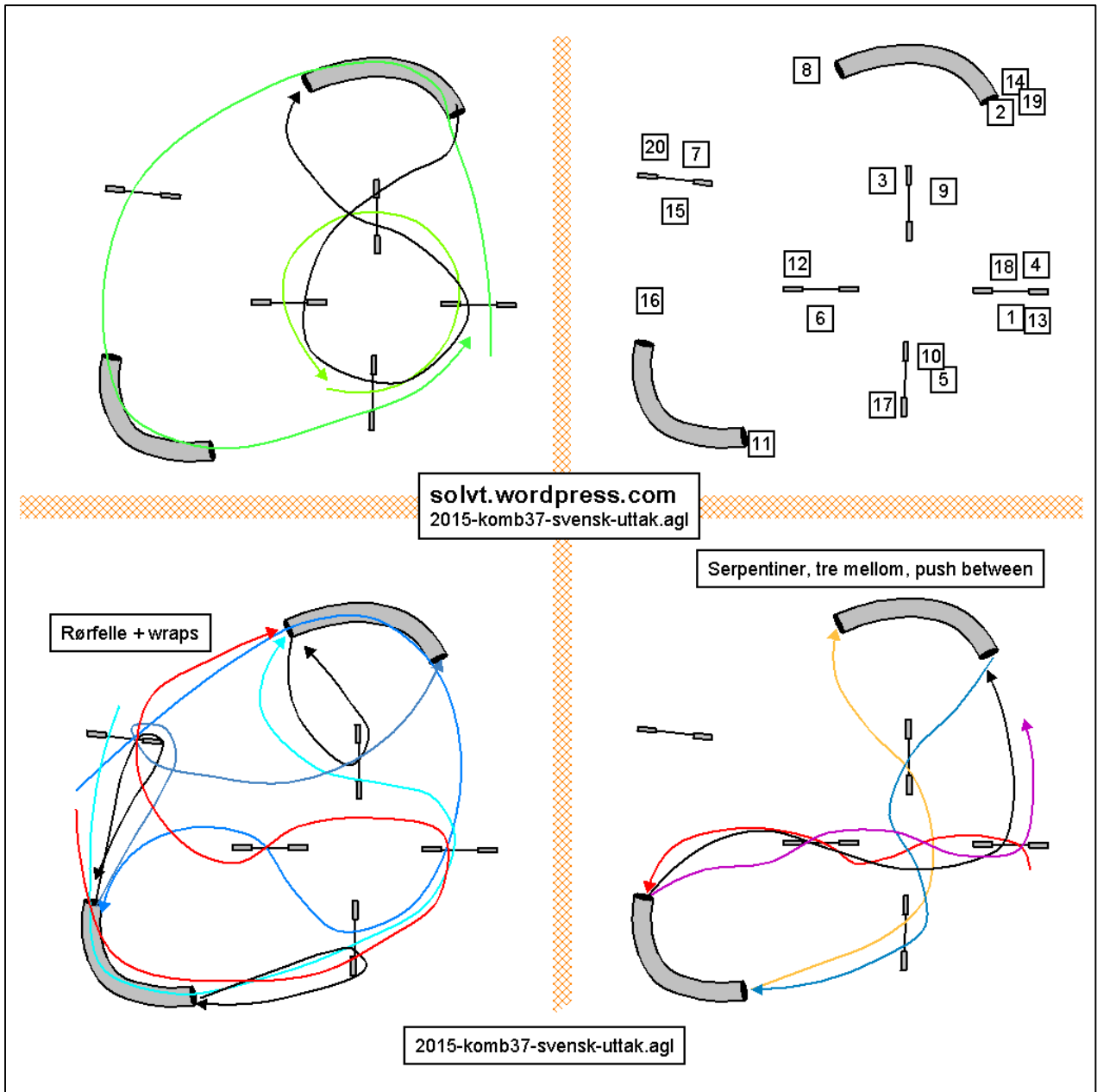
<https://solvt.wordpress.com/2015/04/28/man-274-agilitytrening-med-tira-i-solskinn/>



# TRENING 4. MAI 2015

Blogg med video fra treningen:

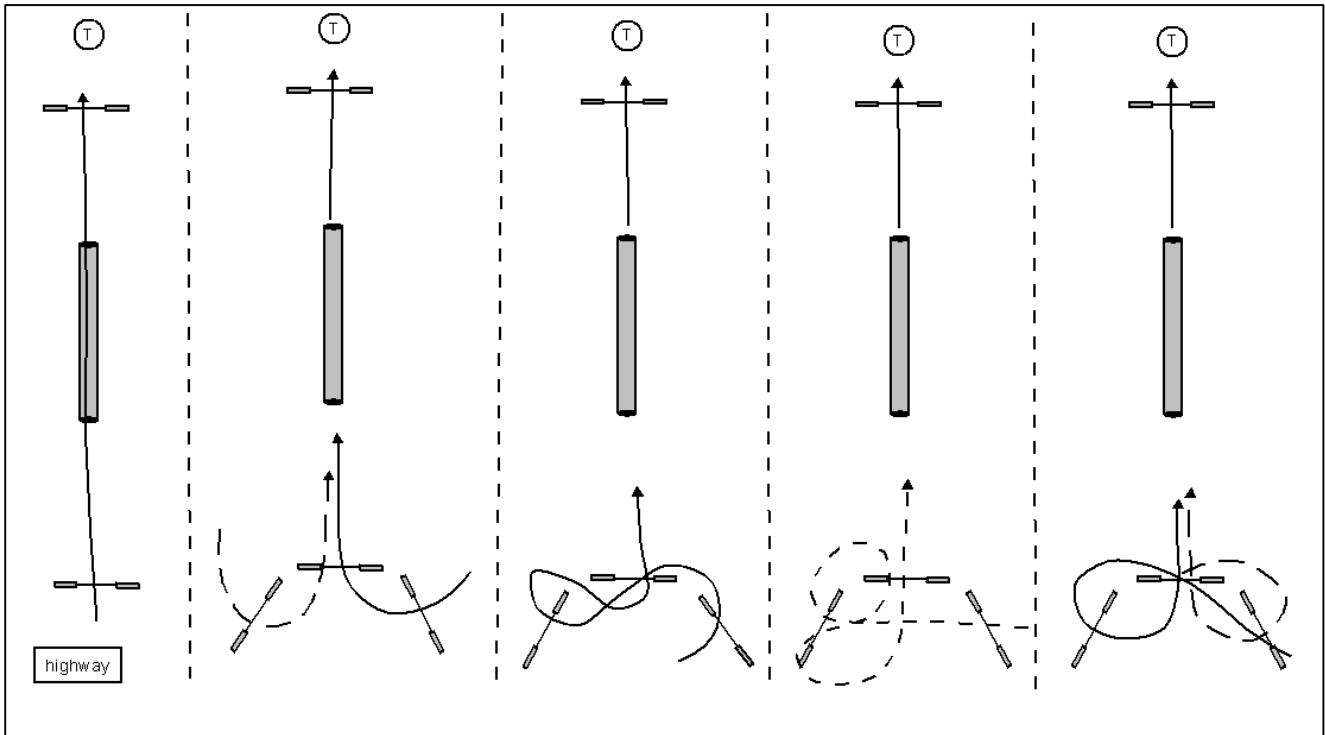
<https://solvt.wordpress.com/2015/05/05/man-45-agilitytrening-med-tira/>



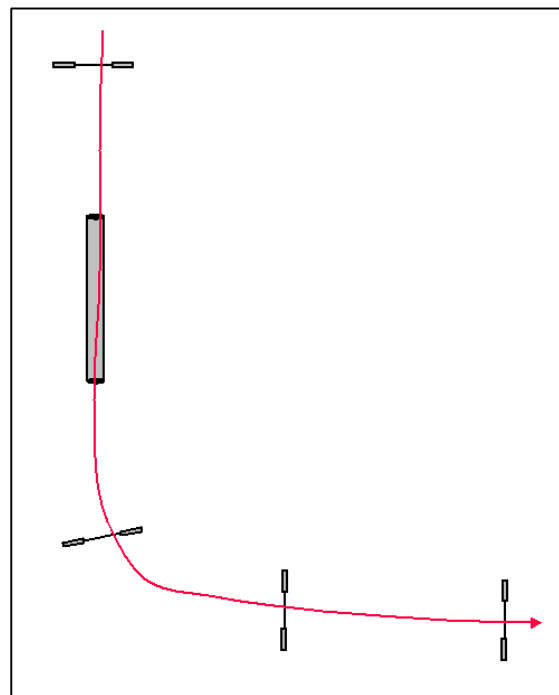
# TRENING 11. MAI 2015

Blogg fra city-highway-treningen:

<https://solvt.wordpress.com/2015/05/11/man-115-agilitytrening-med-tira/>



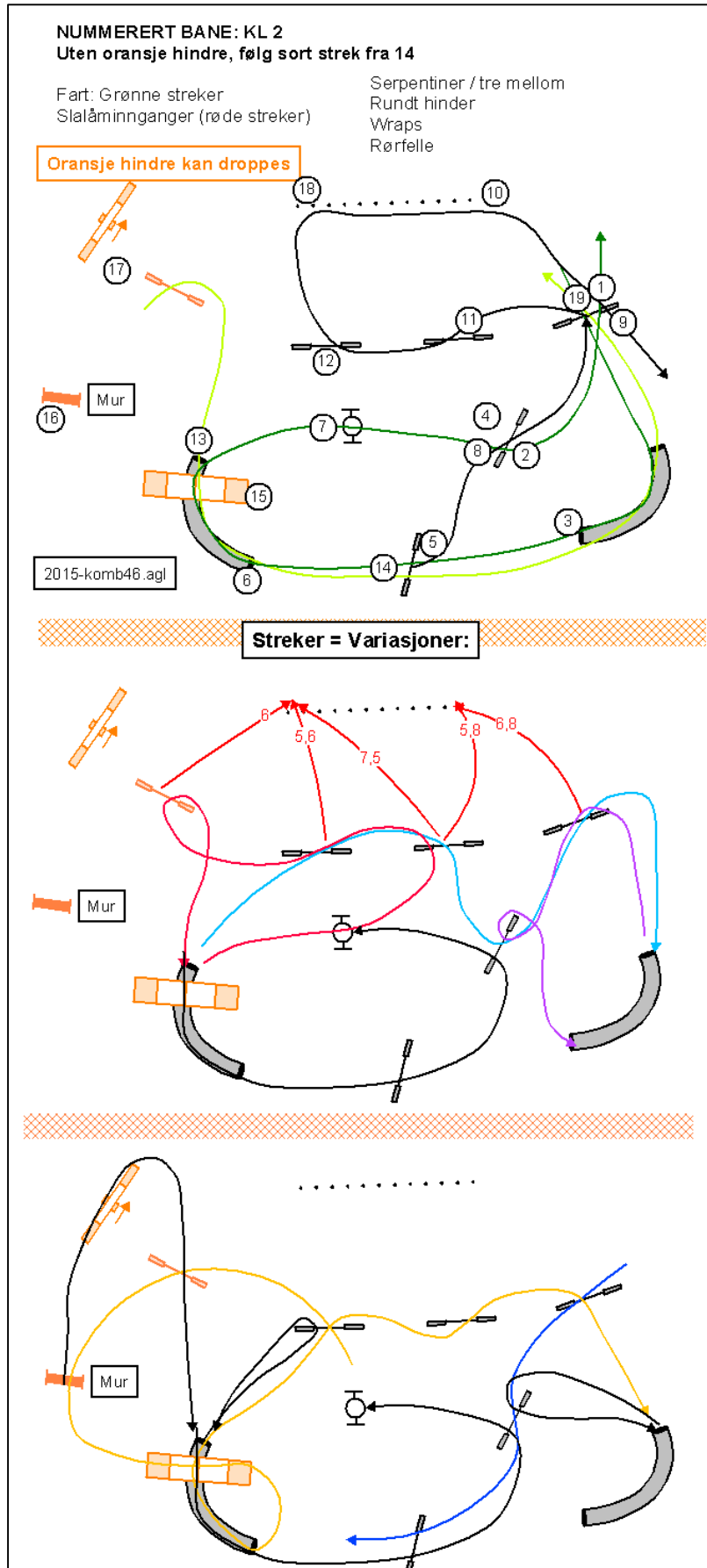
Avsluttet med å bygge om til fartsbane:



# TRENING 13. MAI 2015

Blogg med video fra treningen:

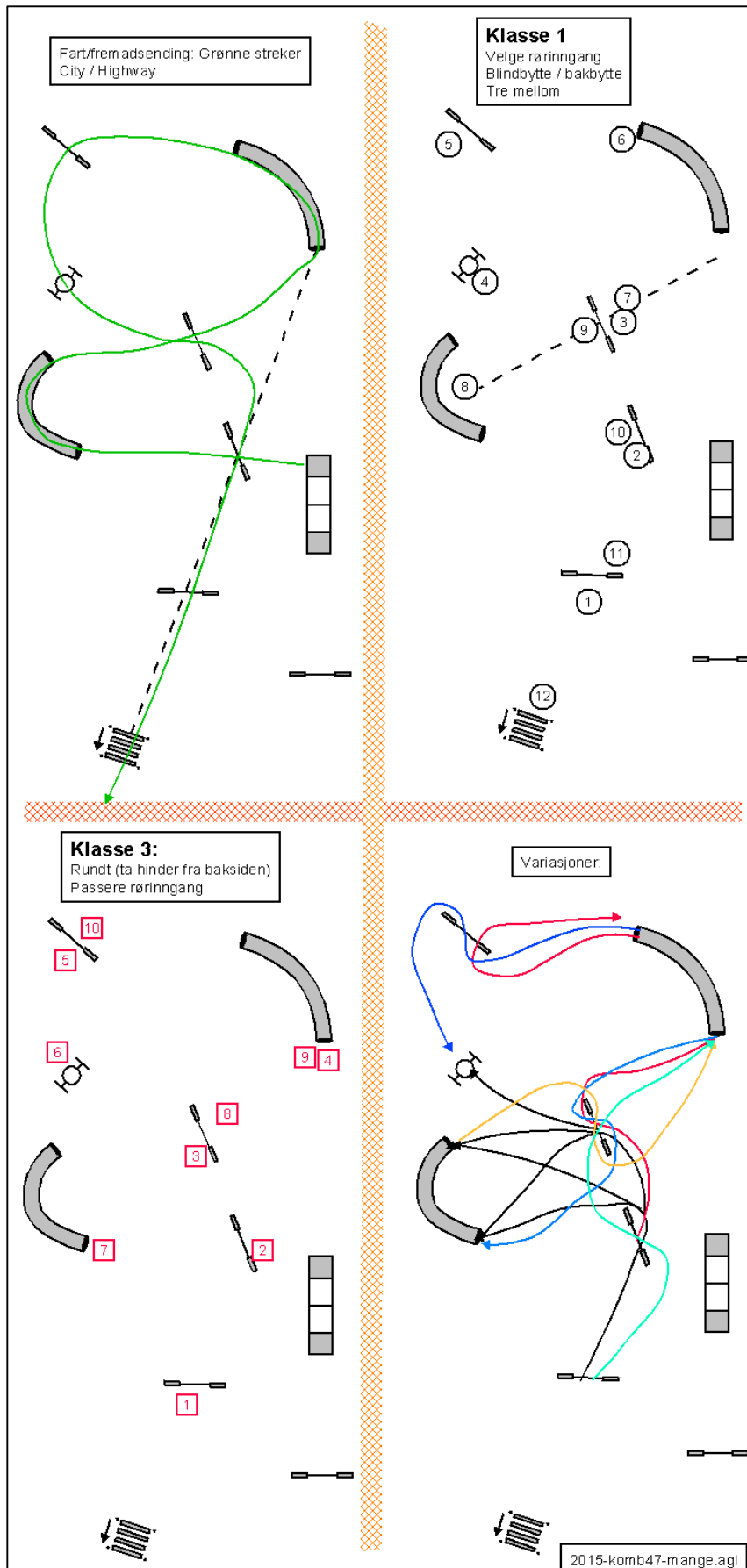
<https://solvt.wordpress.com/2015/05/15/ons-135-agilitytrening-med-tira/>



# TRENING 15. MAI 2015:

Blogg med video fra treningen:

<https://solvt.wordpress.com/2015/05/16/fre-155-agilitytrening-med-tira/>

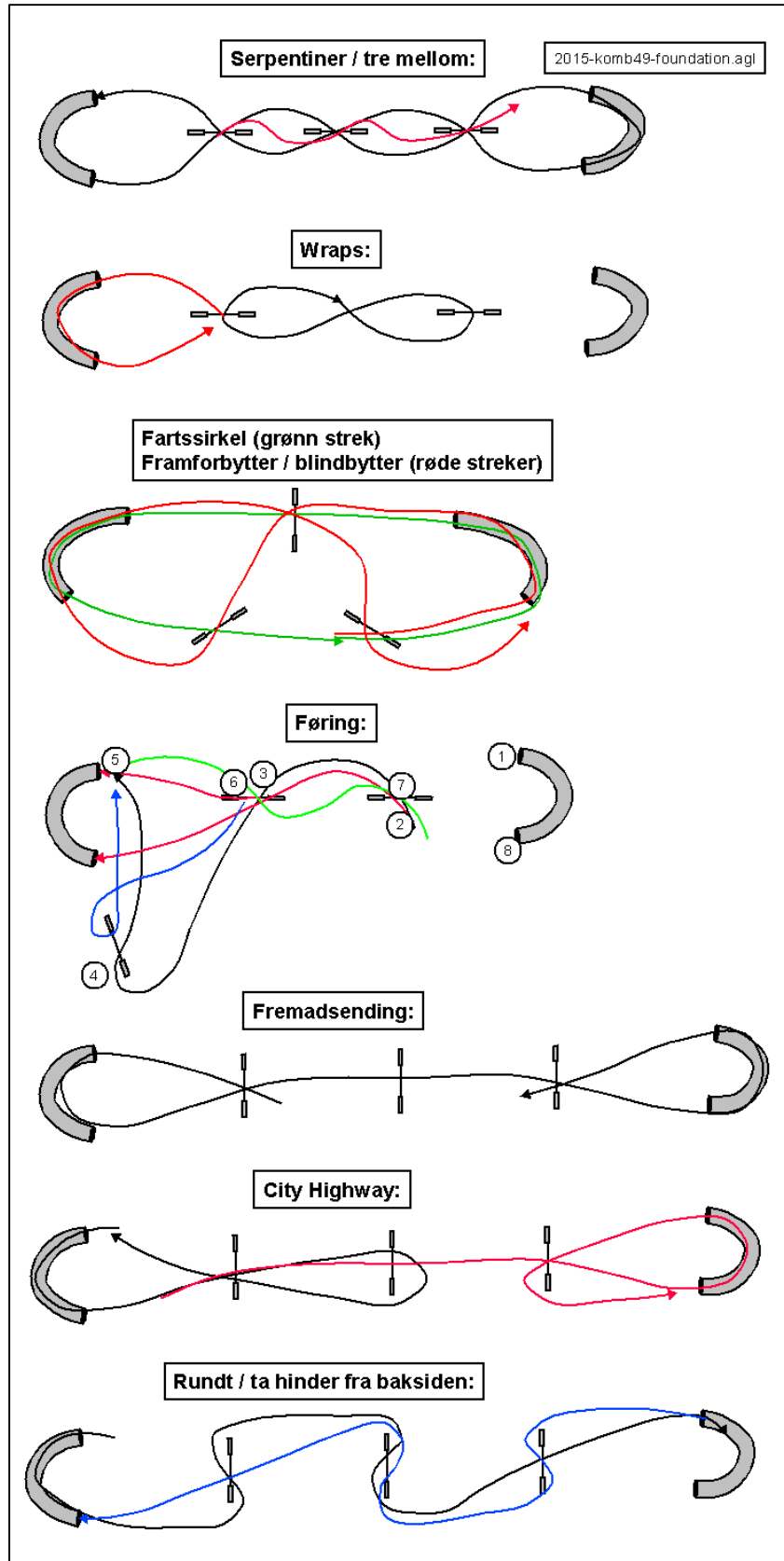


# TRENING 18. MAI 2015:

Blogg med video:

<https://solvt.wordpress.com/2015/05/20/man-185-agilitytrening-med-tira/>

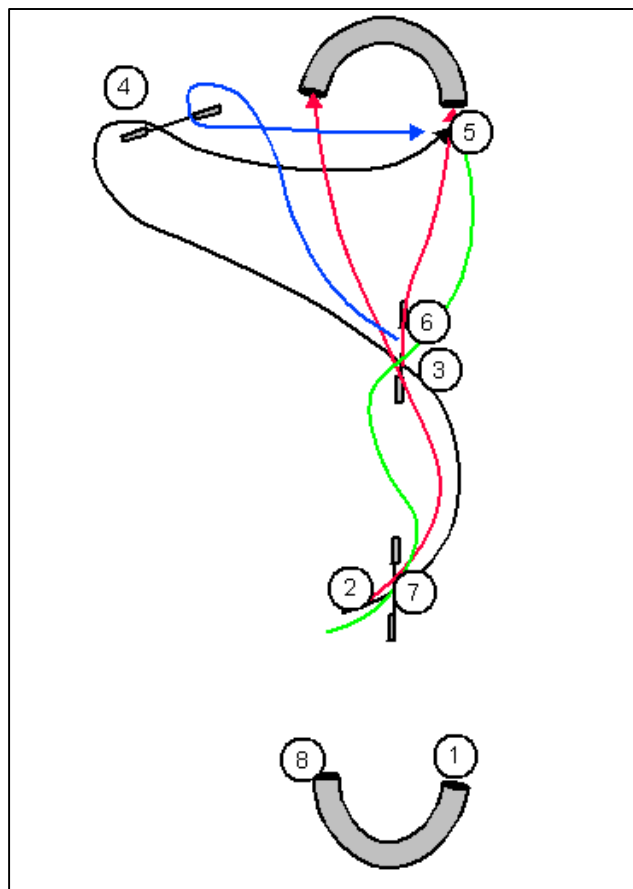
Planen var å bygge om underveis, men vi rakk aldri mer enn den første:



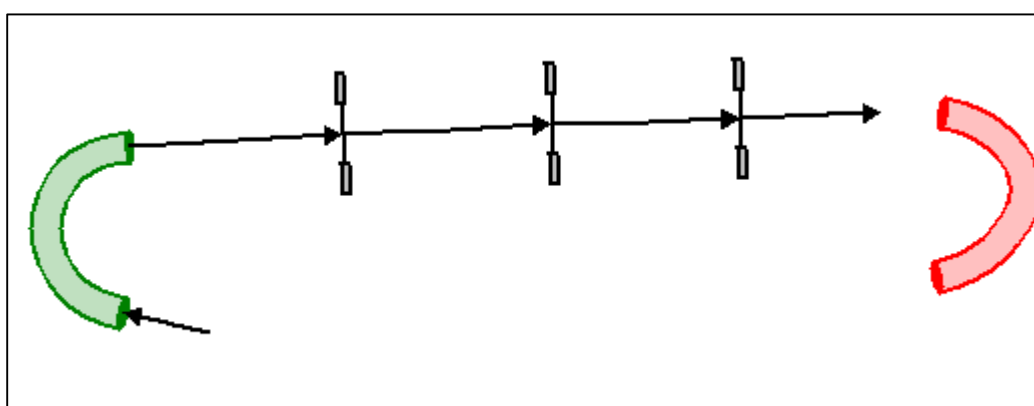
# TRENING 21. MAI 2015

Blogg fra treningen med video:

<https://solvt.wordpress.com/2015/05/22/tor-215-agilitytrening-med-tira/>



Fartsavslutning:

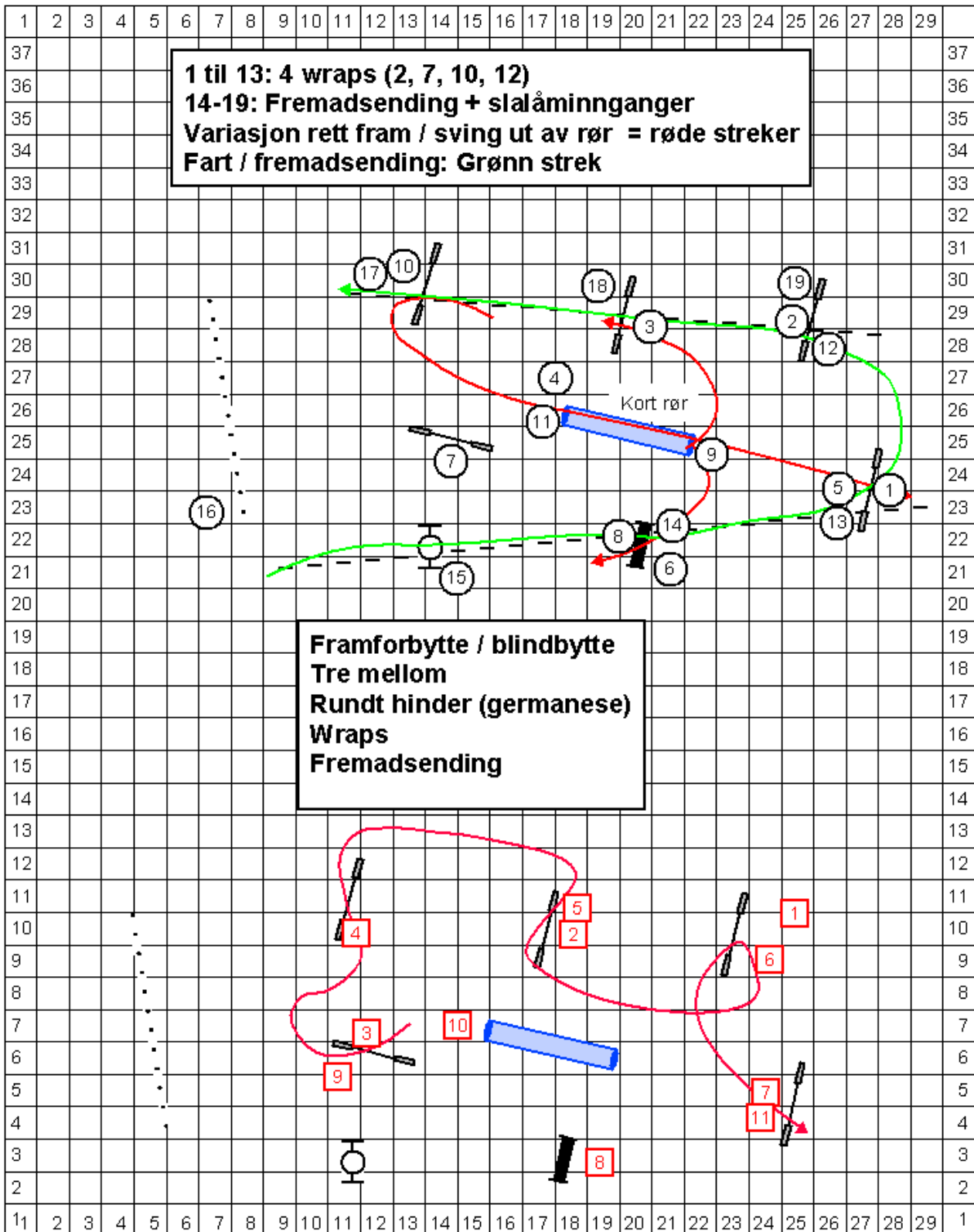




# TRENING 22. MAI 2015

Blogg og video fra treningen:

<https://solvt.wordpress.com/2015/05/24/fre-225-agilitytrenning-med-tira/>



# TRENING 29. MAI 2015

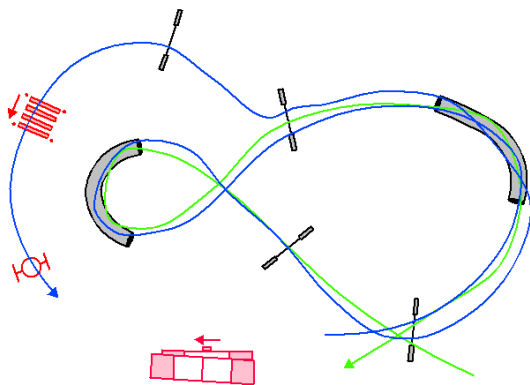
Blogg med video:

<https://solvt.wordpress.com/2015/09/30/agility/>

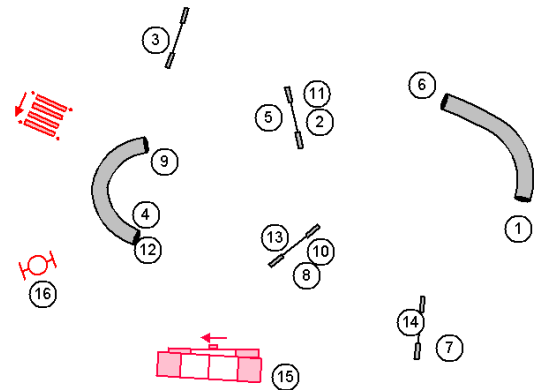
Røde hindre kan droppes

2015-komb36-agilitynerd-mange.agl  
solvt.wordpress.com

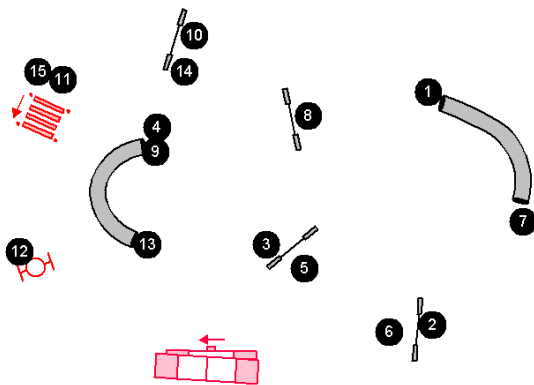
NR 1: Fartsbaner



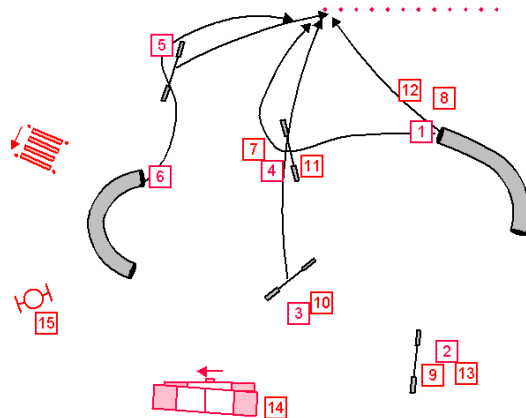
NR 3: Wrap (3), passere røringgang (3-4), motsatt røringgang (11-12), push between (10-11)



NR 2: Germanese (3-4), forced front cross (5-6), rør fra baksiden, passere røringgang



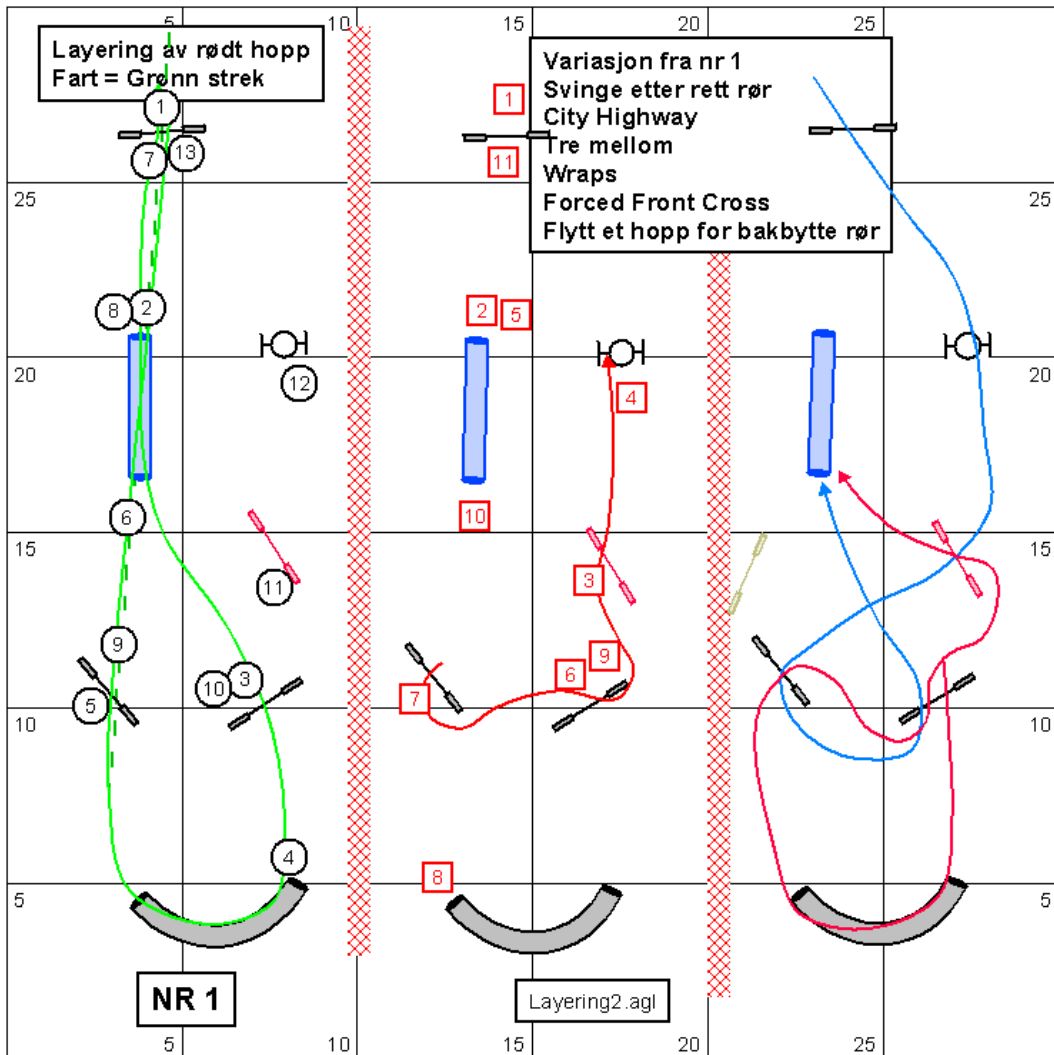
NR 4: Blindbytte på 180 gr sving (1-5), tre mellom (10-11), rundt (4-5), slalåminnganger



# TRENING 5. JUNI 2015

Blogg med video:

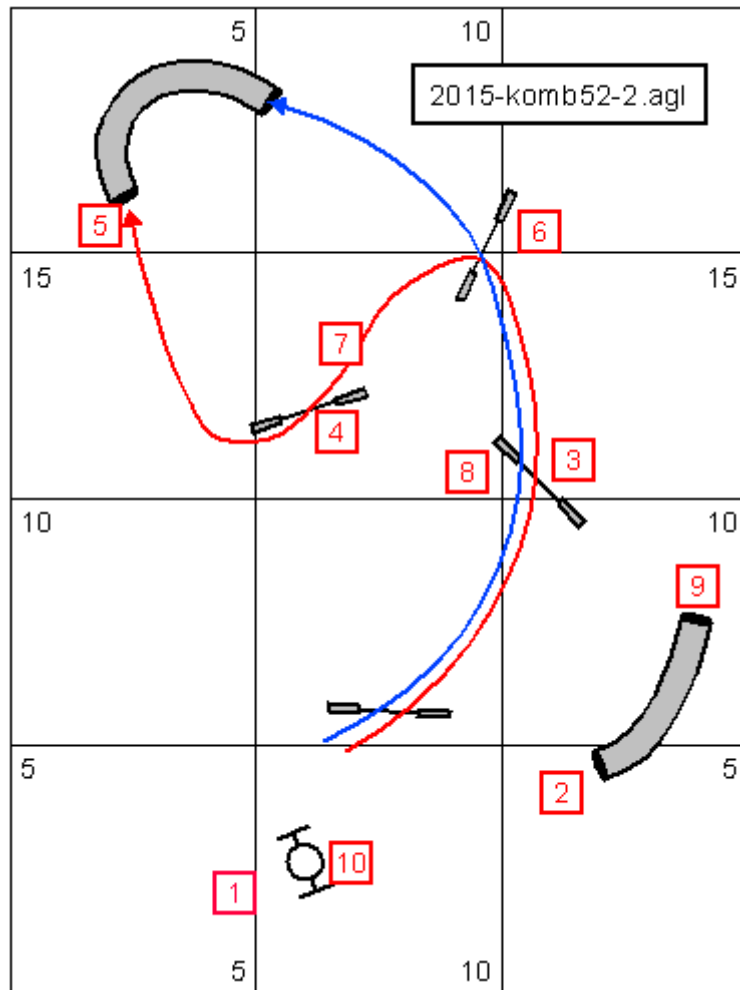
<https://solvt.wordpress.com/2015/09/30/agility/>



# TRENING 9. JUNI 2015

Blogg med video:

<https://solvt.wordpress.com/2015/09/30/agility/>

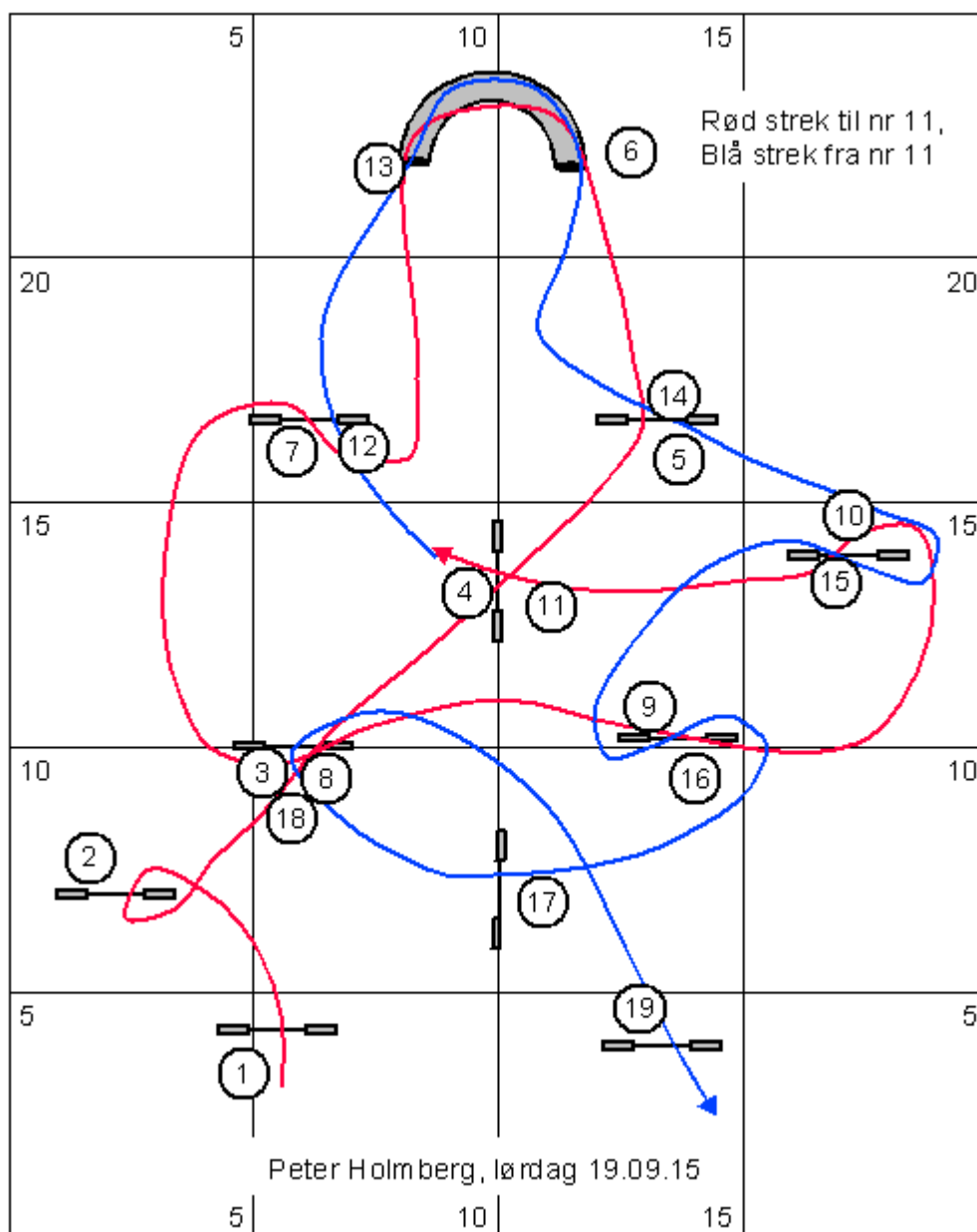


Så ble Tira syk, og vi kom oss ikke på trening igjen før i slutten av september:

## TRENING 27. SEPTEMBER 2015 PÅ PETER HOLMBERG-BANE

Blogg med video:

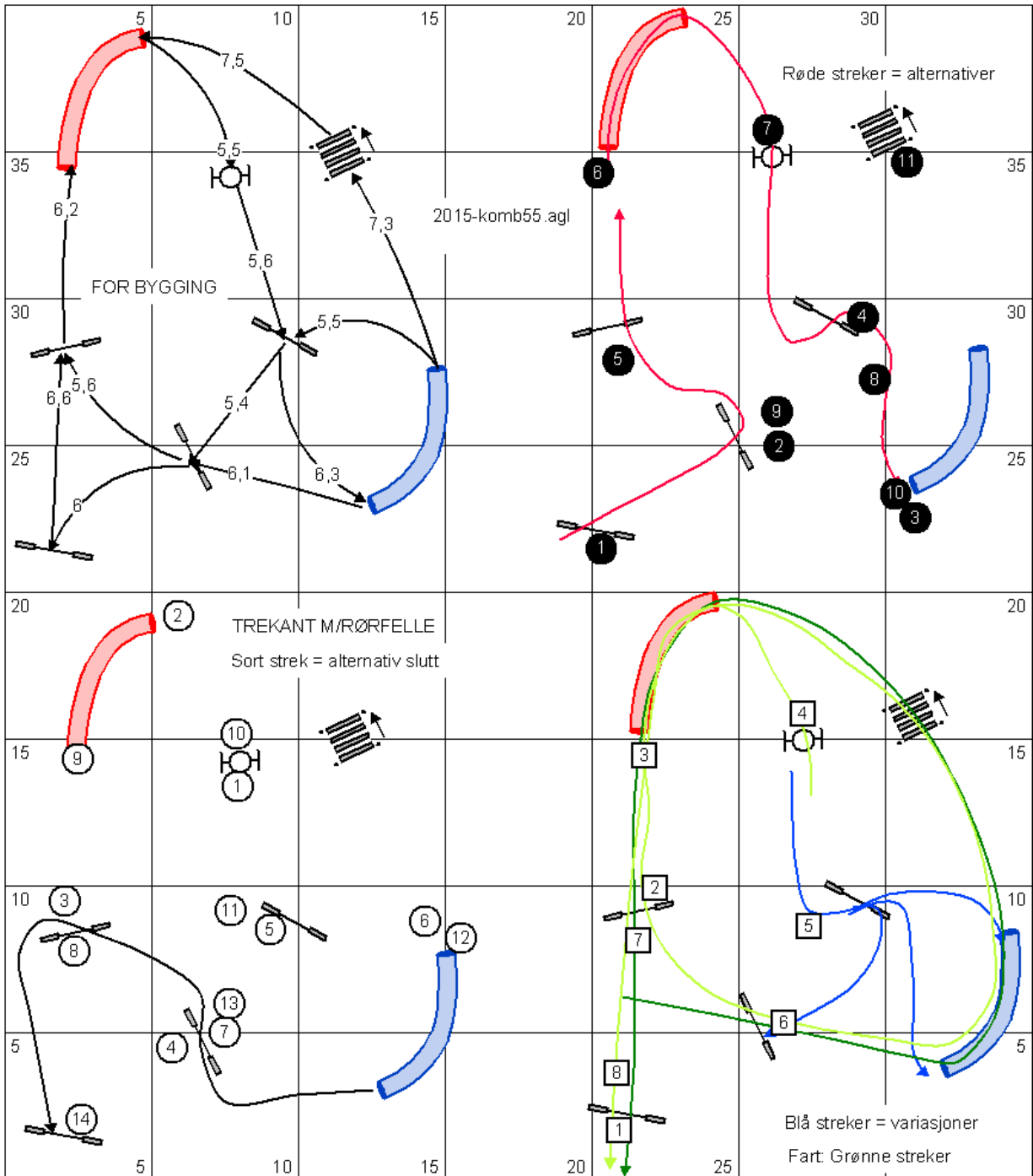
<https://solvt.wordpress.com/2015/10/03/agility-i-september/#more-30057>



# TRENING 29. SEPTEMBER 2015

Blogg med video fra treningen, hvor vi trente mye vi ikke kan:

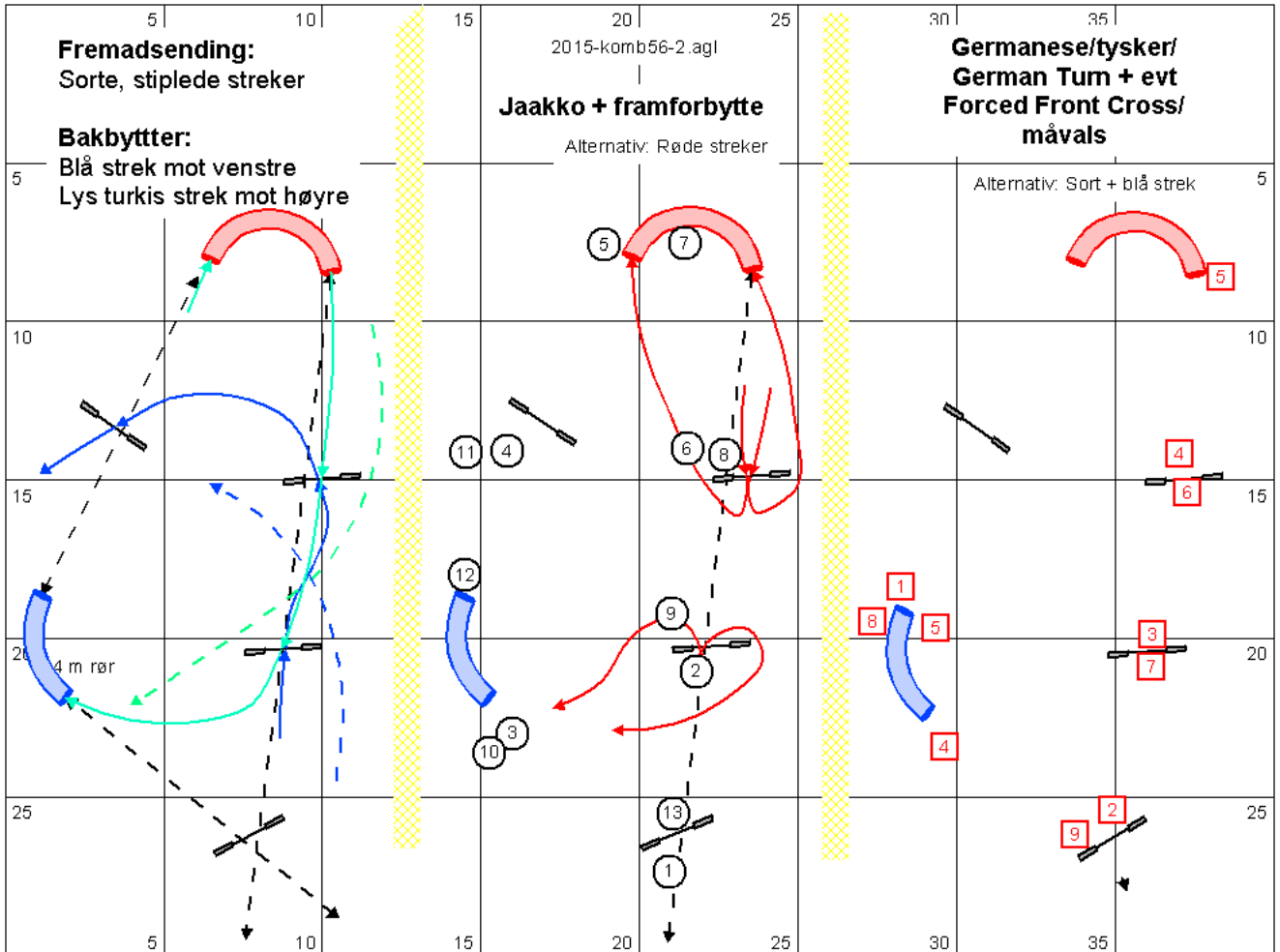
<https://solvt.wordpress.com/2015/10/03/agility-i-september/#more-30057>



# TRENING 2. OKTOBER 2015:

Blogg med video fra treningen:

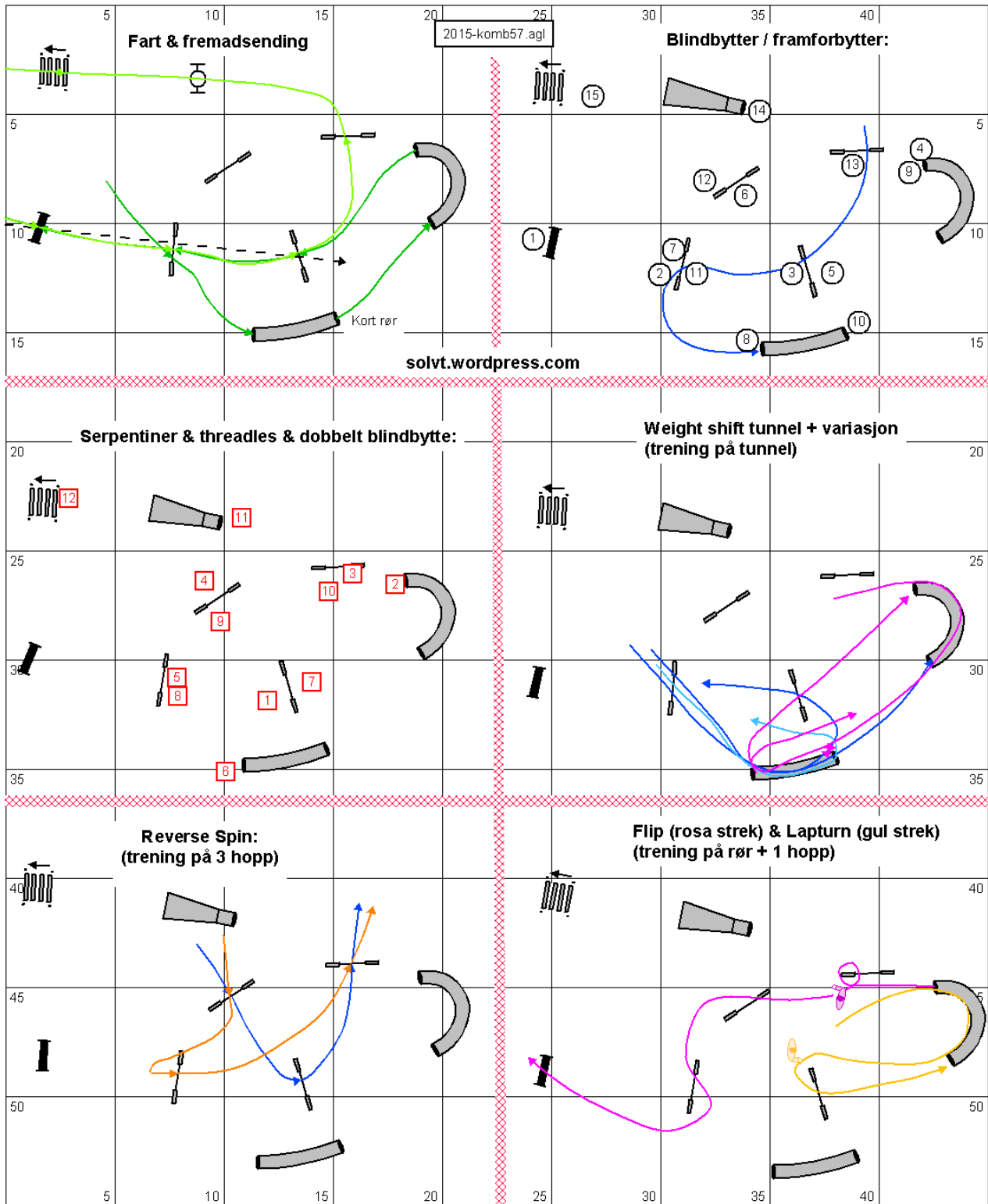
<https://solvt.wordpress.com/2015/10/03/fre-210-agilitytrenning-med-tira/>



# TRENING 7. OKTOBER 2015

Blogg med video fra treningen:

<https://solvt.wordpress.com/2015/10/09/ons-710-agilitytrening-med-tira/>

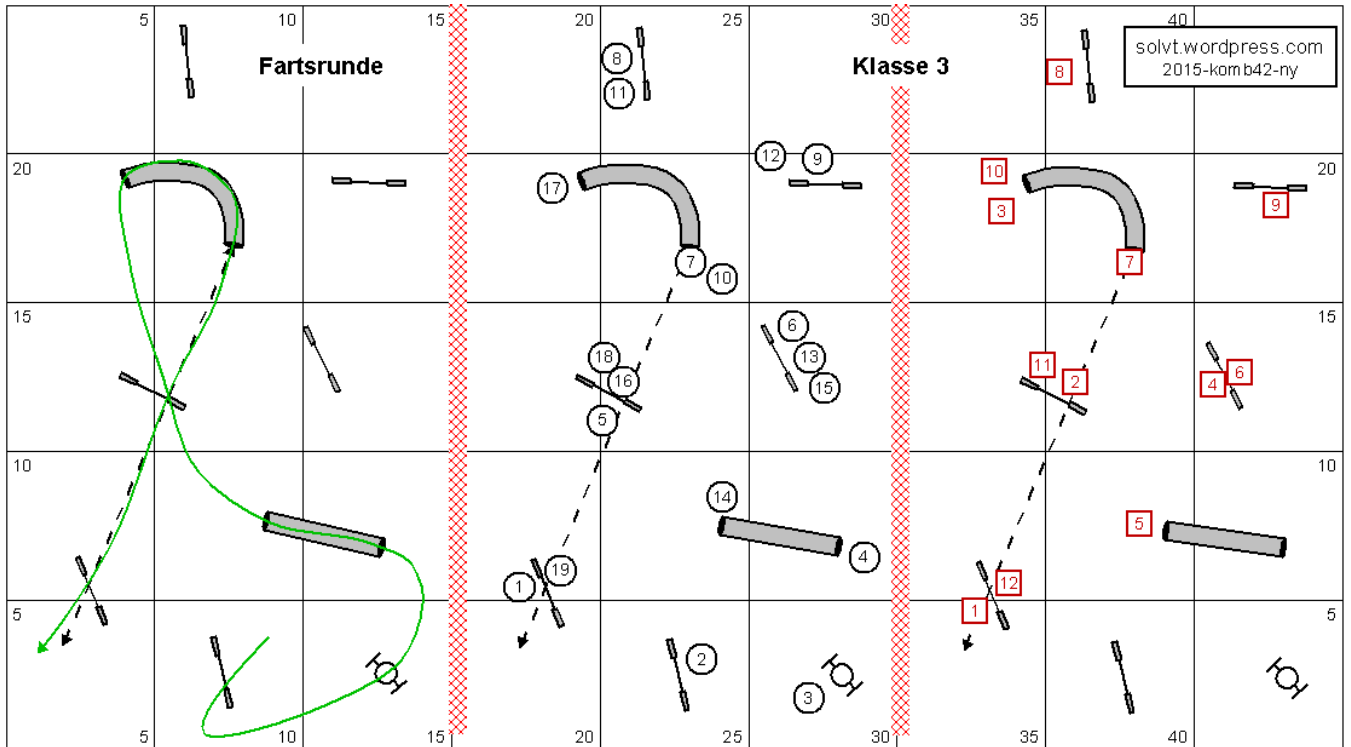




# TRENING 12. OKTOBER 2015

Blogg med video og bilder:

<https://solvt.wordpress.com/2015/10/14/man-1210-agilitytrening-med-fotoshoot-2-video/>



# TRENING 20. OKTOBER 2015

Blogg med video og bilder fra treningen:

<https://solvt.wordpress.com/2015/10/21/tir-2010-agilitytrening-med-tira/>

