

Frøya Sweater



Sizes: 1 (2) 3

Circumference: 130 (140) 150 cm 51.25 (55) 59 inches

Length: 59 (60) 61 cm 23.25 (23.5) 25 inches

Gauge: 20 sts x 23 rows on 5 mm US 8 needles

Suggested needles: Circular needles 5 mm [US 8], 4.5 mm [US 7] and 4 mm [US 6]

Materials: 600-700 (700) 800 g Hillesvåg Luna lamull (100 g = 200 m) and 150-175 g (175) 200 g

Isager Silk mohair (25 g = 212 m)

Pattern

The Frøya Sweater is an oversized aran sweater worked top-down. It's been developed over time to achieve the perfect fit, inspired by the idea of creating the ultimate Aran/fisherman-style dream sweater. With its high-quality yarn and timeless design, this is a sweater that can be passed down through generations without ever going out of fashion. First, the back is worked back and forth, with increases shaping the drop shoulders. Stitches are picked up for the shoulders and joined to form the front. The front is also worked back and forth, then joined with the back to create the body. The stitches for sleeves are picked up and sleeves are worked in the round. The neckline is finished with a ribbed edge that is folded double.

Size guide:

Frøya sweater is designed with a positive ease of 40-50 cm 15.75-19.75 inches compared to your chest measurement. The sizes listed correspond to a chest measurement of 80-90 (90-100) 100-110 cm 31.5-35.5 (35.5-39.25) 39.25-43.25 inches.

Abbreviations:

est: edge stitch

k: knit

p: purl

RS: right side of the work

st(s): stitch(es)

WS: wrong side of the work

Video links:

Italian bind off in 2x2 ribbing: <https://www.youtube.com/watch?v=uttiv4gonlw&t=4s>

About increases:

Increases are worked leaning to the right or left. There is a distinction between knit and purl increases.

Knit increases:

M1R: Pick up the thread between two stitches from the back, and knit the thread through the front loop.

M1L: Pick up the thread between two stitches from the front, and knit the thread through the back loop.

Purl increases:

M1Rp: Pick up the thread between two stitches from the front, and purl the thread through the back loop.

M1Lp: Pick up the thread between two stitches from the back, and purl the thread through the front loop.

About edge stitches (est):

Edge stitches are knitted on the RS and purled on the WS.

About charts:

The charts are read as follows: from the RS, read from right to left, bottom to top. From the WS, read from left to right, bottom to top. The numbers along each side help indicate where to begin. If the number is marked on the left, the row is worked from the WS, from left to right. If the number is marked on the right, the row is worked from the RS, from right to left. When all numbers are on the right side of the chart, it means you are working in the round. All rounds are read from right to left. Edge sts are worked at each end of the chart—knitted on the RS and purled on the WS.

The charts are organised based on what part of the sweater you are making and the size. The size is indicated by a number at the beginning of the section you are making. The sweater is worked in the following order: chart A for the *Back increases*, chart B for the *Back*, chart C for the *Left shoulder*, chart D for the *Right shoulder*, and then chart E for the *Front*. Then the front and back are joined on circular needles to work the body in the round, alternating between charts F (*Front Body*) and G (*Back Body*). Finally, the sleeves are worked in the round using chart H. When working in the round, you work only on the RS, and charts are always read from right to left as previously mentioned.

Start your work here:

Back:

Cast on 34 (34) 34 sts using 5 mm [US 8] circular needles.

Increases should now be worked on every row, both on the RS and WS, as shown in chart A for the *Back increases*. The increases are always made before or after est. The first row is a WS row (note: no increases are made on this first row).

Continue working back and forth, following the cable pattern shown in chart A (= 128 (138) 148 sts).

Then, continue in the cable pattern without further increases, as shown in chart B for the *Back*. The piece should now measure approx. 30 (32) 34 cm 11.75 (12.5) 13.5 measured from the cast-on edge at the neck.

Left shoulder:

From the LS, pick up the outer 47 (52) 57 sts along the cast-on edge of the back on the left side using 5 mm [US 8] circular needles. Pick up sts between sts to ensure a smooth transition.

First row is a WS row. Work in the cable pattern as shown in chart C for the *Left shoulder*.

After the first 17 (19) 23 rows, start making increases for the neckline as shown in chart C for the *Left shoulder*. Make a total of 7 increases (=54 (59) 64 sts).

Break the yarn.

Right shoulder:

From the RS, pick up the outer 47 (52) 57 sts along the cast-on edge of the back on the right side using 5 mm [US 8] circular needles. Pick up sts between sts to ensure a smooth transition.

First row is a WS row. Work in the cable pattern as shown in chart D for the *Right shoulder*.

After the first 17 (19) 23 rows, start making increases for the neckline as shown in chart D for the *Right shoulder*. Make a total of 7 increases (=54 (59) 64 sts).

Do not break the yarn, as the next step will be worked from here.

Front:

Work in the cable pattern as shown in chart E for the *Front* over the 54 (59) 64 sts of the right shoulder. Cast on 20 (20) 20 sts using the loop cast-on method, then continue working in the cable pattern over the 54 (59) 64 sts of the left shoulder as shown in the chart (= 128 (138) 148 sts).

Work back and forth in the cable pattern as shown in chart E for the *Front*. If you follow the chart correctly, the last row worked on the front should match the last row worked on the *back*.

The last row is a WS row so that the next row is worked from the RS. Do not break the yarn, as the next step will continue from here.

Body:

Now the front and back are joined to form the body, which will be worked in the round using 5 mm [US 8] circular needles.

Refer to Chart F (*Front Body*) and Chart G (*Back Body*). The body charts have 1 additional st on each side compared to the previous charts, as they include the sts cast on for the underarm (the first and last sts in the body charts).

Work as follows:

Work in the cable pattern across the 128 (138) 148 sts on the front as shown in chart F (*Front Body*), cast on 2 (2) 2 sts using the backwards loop method for the left underarm, continue working in the cable pattern across the 128 (138) 148 sts on the back as shown in chart G (*Back Body*), cast on 2 (2) 2 sts using the backwards loop method for the right underarm (=260 (280) 300 sts). Place a marker to indicate the beginning of the round. Ensure that the edge sts and the cast-on sts are incorporated into the cable pattern as shown in the charts.

Work in the round in the cable pattern as shown until the sweater measures approx. 53 (54) 55 cm 20.75 (21.25) 21.5 inches measured from the cast-on edge at the neck, or until 6 cm / 2.25 inches before the desired length. Be sure to stretch the sweater to its final width when measuring, as cable patterns tend to contract before washing.

Change to 4.5 mm [US 7] circular needles and work 6 cm 2.25 inches in the round in 2x2 ribbing (k2, p2).

Work 2 rounds in double knitting in 2x2 ribbing and bind off using the Italian bind-off method (see the link at the beginning of the pattern).

Sleeves:

Pick up and knit 84 (94) 106 sts around the armhole (including the 2 sts cast on under the sleeve using the backwards loop cast-on method on the body) using 5 mm [US 8] circular needles. This corresponds to picking up 2 out of every 3 sts around the armhole.

Work in the round following chart H for the *Sleeve* until the sleeve measures 35–40 cm / 13.75–15.75 inches, or until 10 cm / 4 inches before the desired length. Begin at the right side of the chart (always read from right to left).

Change to 4.5 mm [US 7] circular needles and work 10 cm 4 inches of 2x2 ribbing (k2, p2).

Work 2 rounds in double knitting in 2x2 ribbing and bind off using the Italian bind-off method (see the link at the beginning of the pattern).

Neck:

Pick up and knit 92 (96) 96 sts around the neckline using 4 mm [US 6] circular needles. Begin picking up from the back neck. The pick-up frequency should correspond to picking up in all 34 (34) 34 sts from the back, in all 20 (20) 20 sts from the front, and 19 (21) 21 sts along each side (approximately 2 sts for every 3 sts).

Work in the round in 2x2 ribbing (k2, p2) until the neckband measures approx. 7–8 cm 2.75–3.25 inches. Now, knit down the neckband by working the sts together with the pick-up edge sts while binding off.

Work as follows:

*Lift the first st from the cast-on edge onto the left needle and knit it together with the first st on the left needle. Lift the next st from the cast-on edge onto the left needle and knit it together with the next st on the left needle, then pass the first st over the second st. Repeat from * to * around, taking care to avoid twisting the neckband as you knit it down. Check often to ensure the sts are lined up correctly.

Break the yarn and weave the end.

Finishing:

Weave in all loose ends, then wash and block the sweater to the specified measurements.



Ingrid Dyb

Ingrid Dyb ©COPYRIGHT 2025
www.ingriddyb.no // Instagram: @ingriddyb
This pattern is for private use only. The pattern may not be copied, sold on or redistributed. Feel free to share your version of Frøya Sweater on Instagram med #frøyasweater #ingriddyb
Happy knitting!



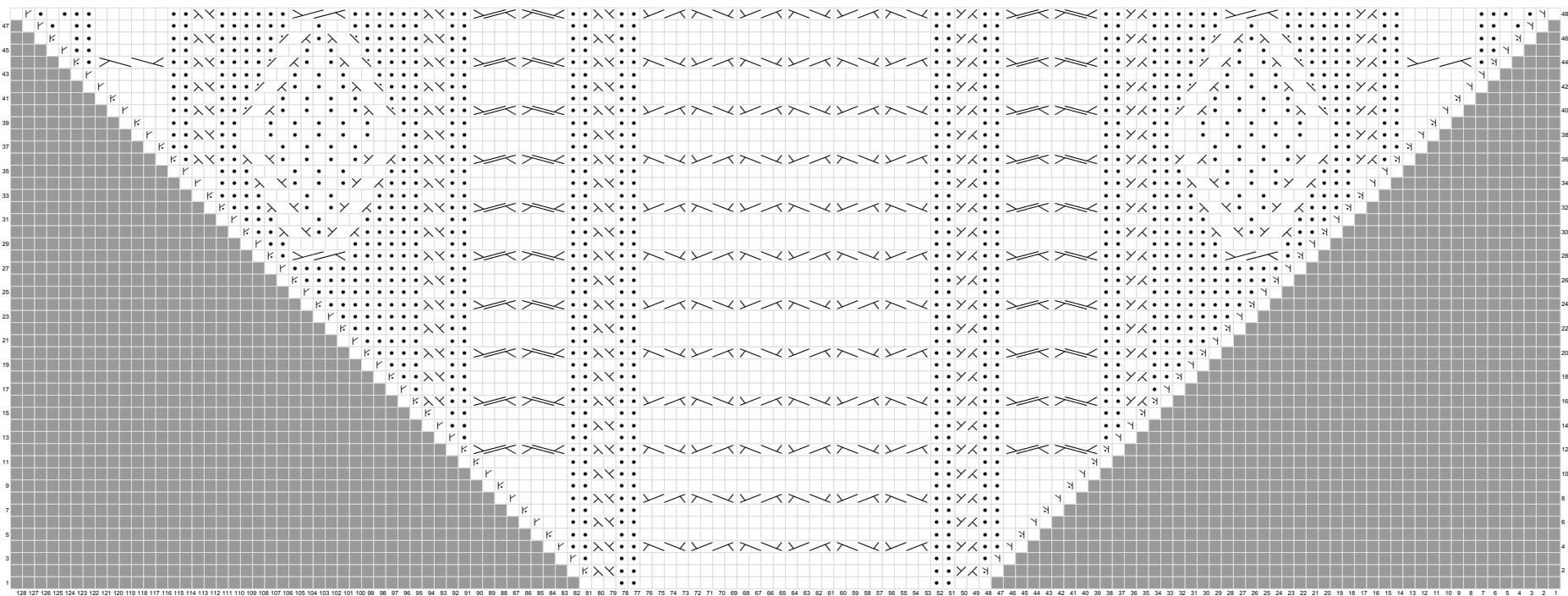
Charts

Symbol explanations

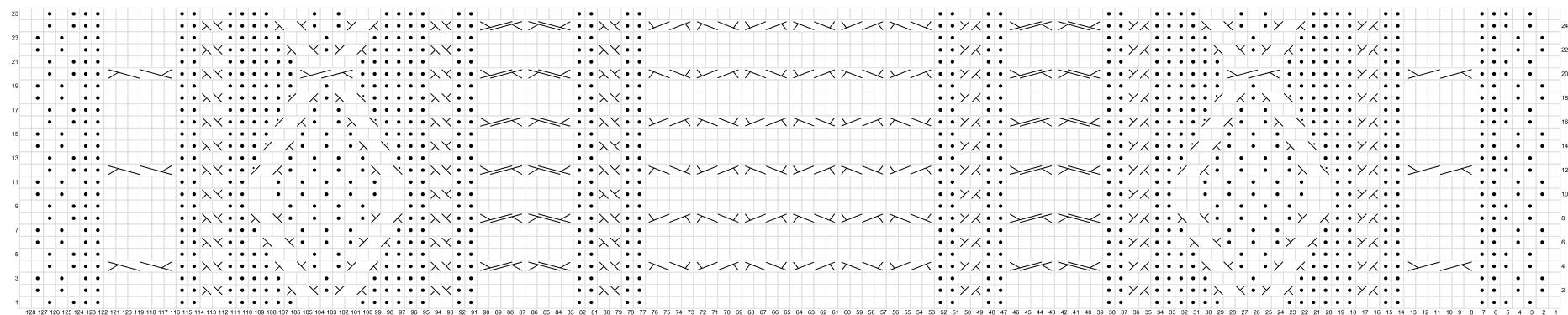
	K on the RS, p on the WS
	P on the RS, k on the WS
	With first st in the back, insert the needle into the second st, knit it, but do not slip it from the left needle. Then knit the first st and slip both sts from the left needle
	With first st in the front, insert the needle into the second st, knit it, but do not slip it from the left needle. Then knit the first st and slip both sts from the left needle
	no st
	Pick up the strand between two sts from the front and knit it through the back loop
	Pick up the strand between two sts from the back and knit through the front loop
	Pick up the strand between two sts from the front and purl it through the back loop
	Pick up the strand between two sts from the back and purl through the front loop
	Place 2 sts on a cable needle behind the work, k 2, then k the 2 sts from the cable needle
	Place 2 sts on a cable needle in front of the work, k 2, then k the 2 sts from the cable needle
	Place 2 sts on a cable needle in front of the work, k 1, then k the 2 sts from the cable needle
	Place 1 st on a cable needle behind the work, k 2, then k the st from the cable needle
	Place 1 st on a cable needle behind the work, k 2, then p the st from the cable needle
	Place 2 sts on a cable needle in front of the work, p 1, then k the sts from the cable needle
	Place 3 sts on a cable needle behind the work, k 3, then k the sts from the cable needle
	Place 3 sts on a cable needle in front of the work, k 3, then k the sts from the cable needle
	Place 1 st on a cable needle in front of the work, k 3, then k the st from the cable needle
	Place 3 sts on a cable needle behind the work, k 1, then k the 3 sts from the cable needle
	Place 3 sts on a cable needle behind the work, k 2, then k the 3 sts from the cable needle

Charts, size 1

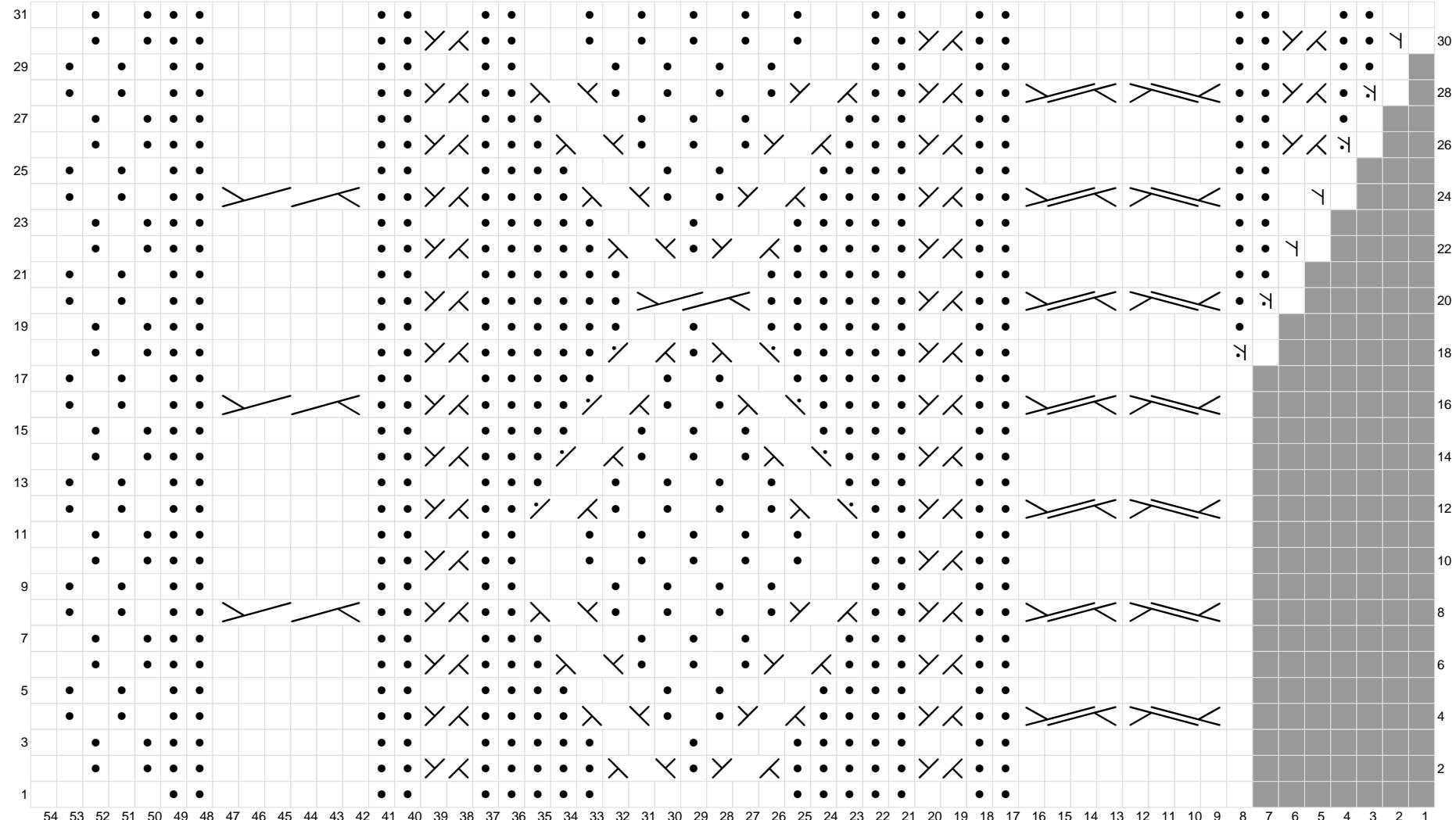
1A the back increases



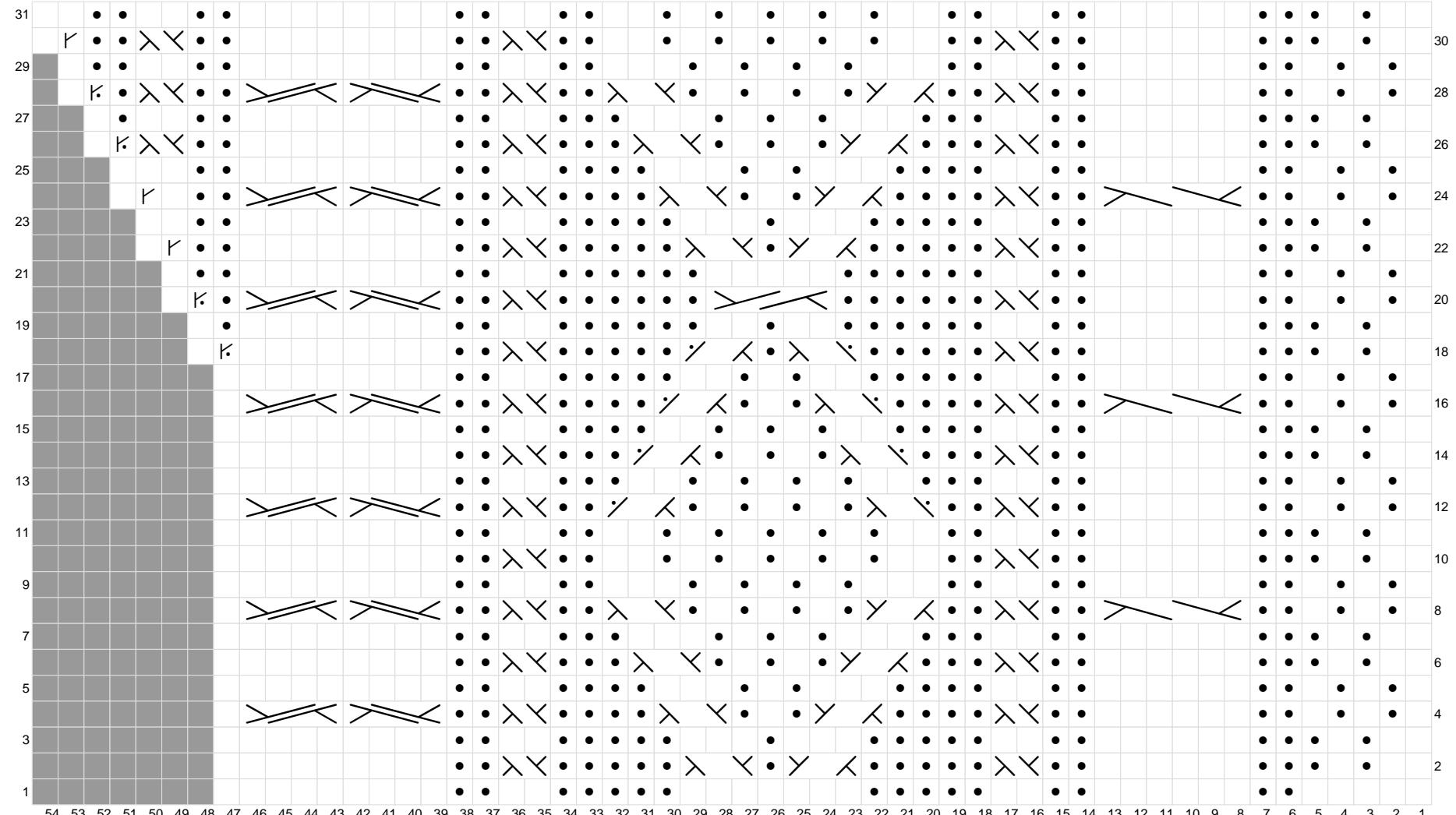
1B the back



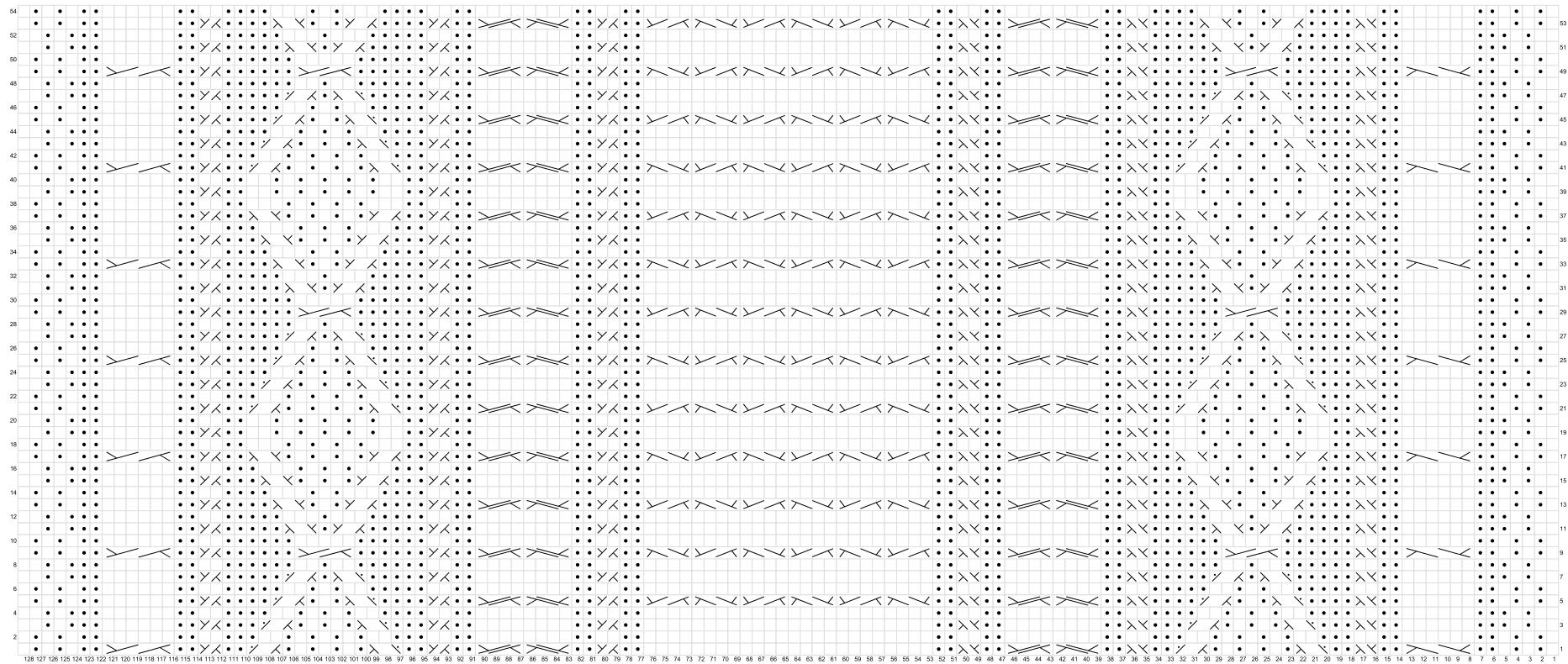
1C The left shoulder



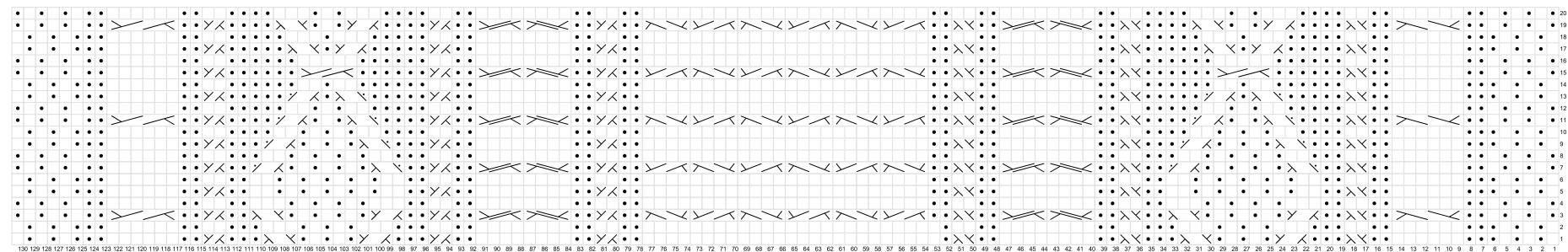
1D The right shoulder



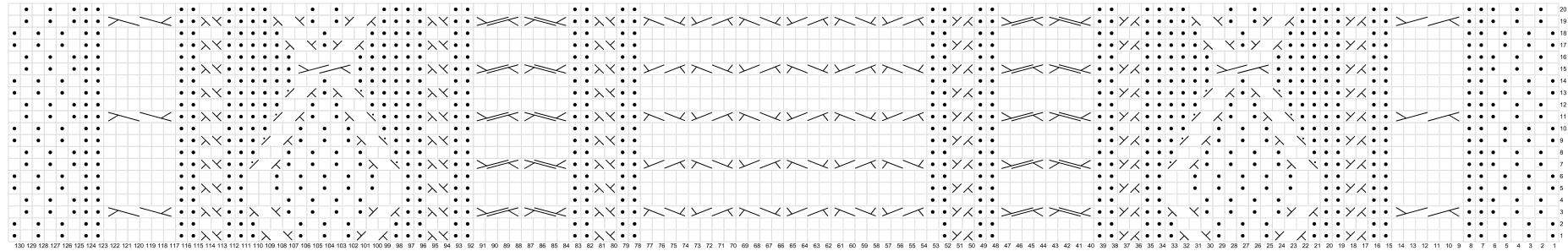
1E the front



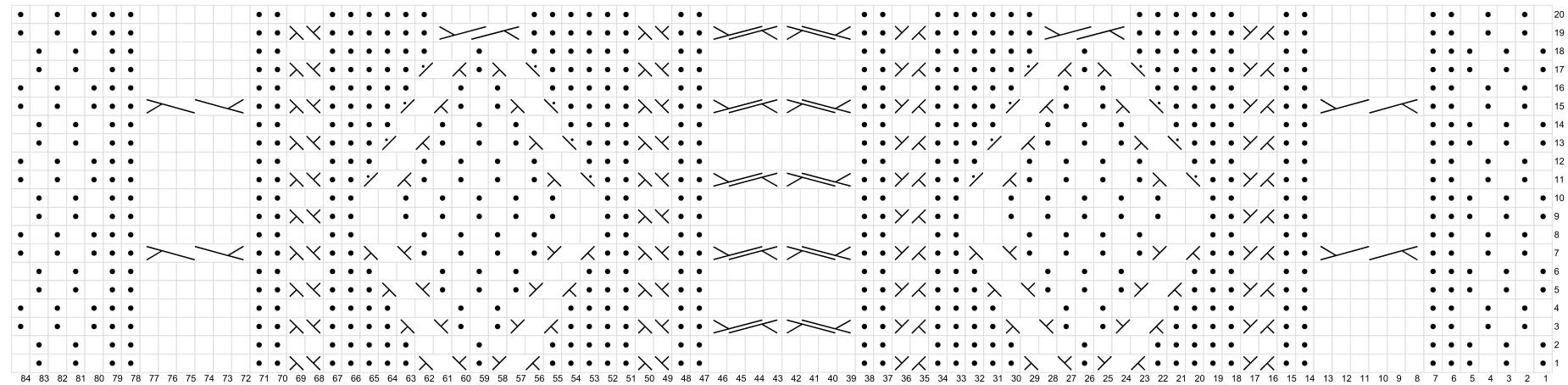
1F front body



1G back body

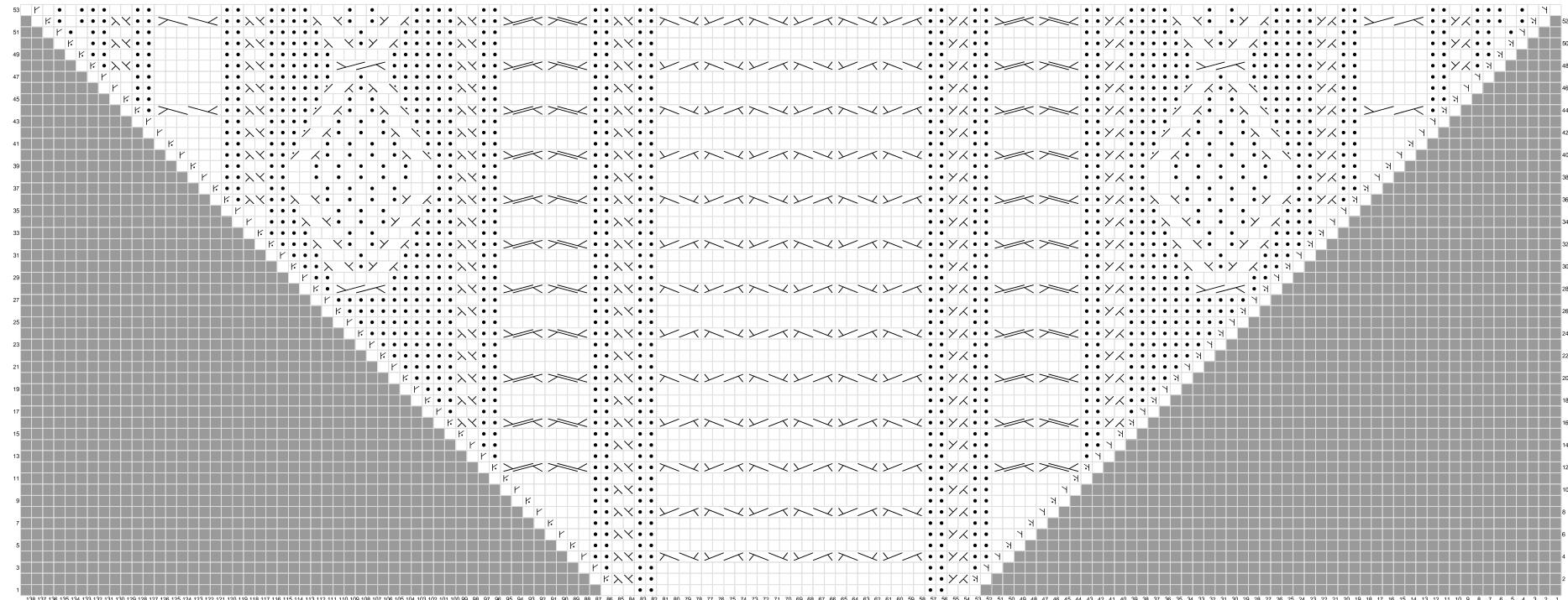


1H the sleeve

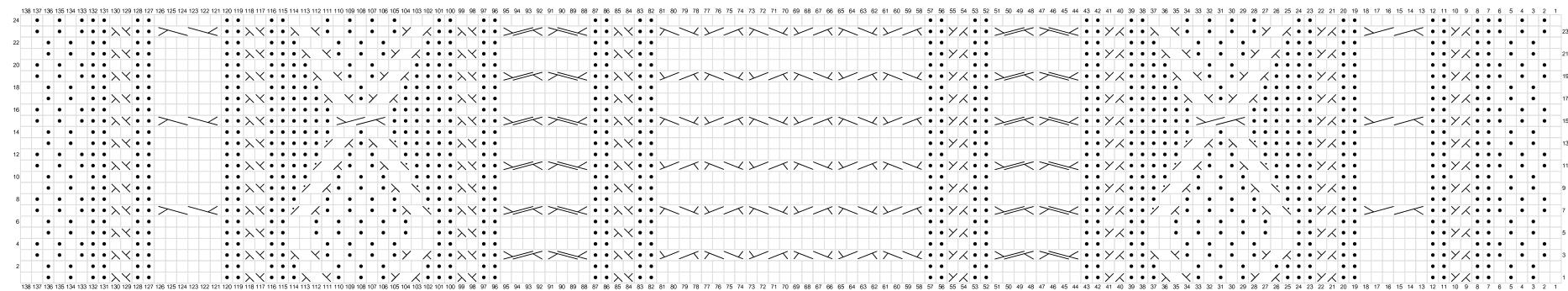


Charts, size 2

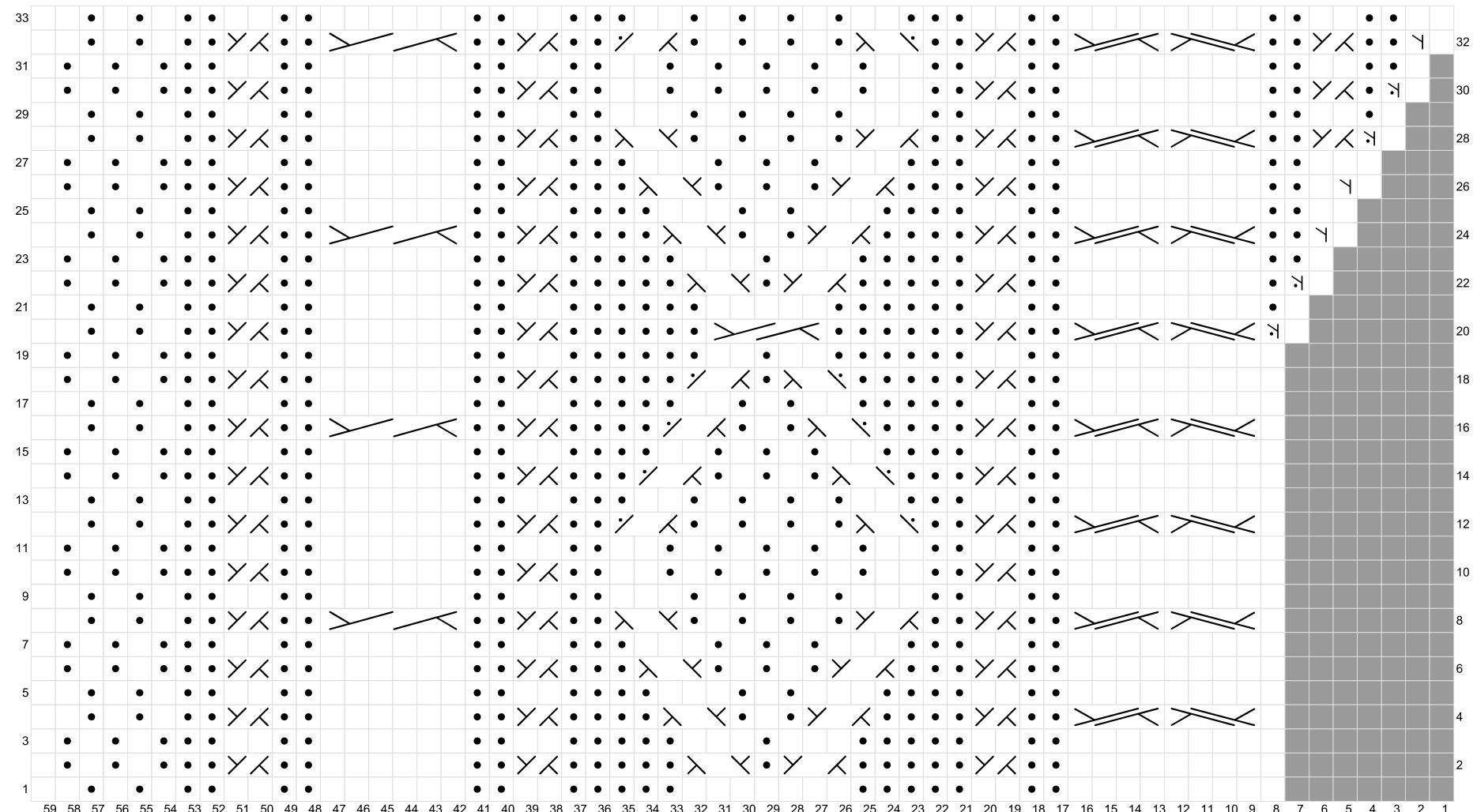
2A the back increases



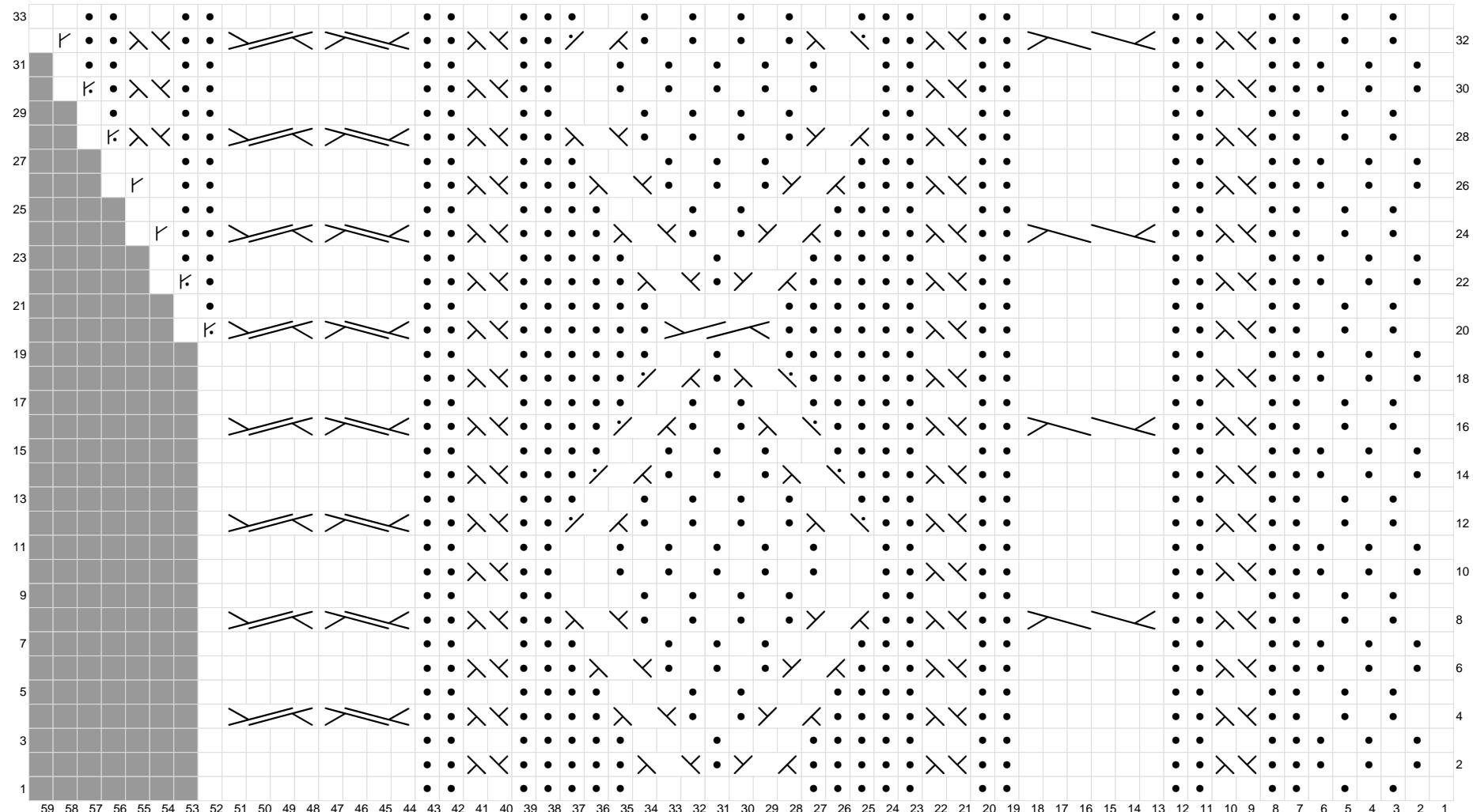
2B the back



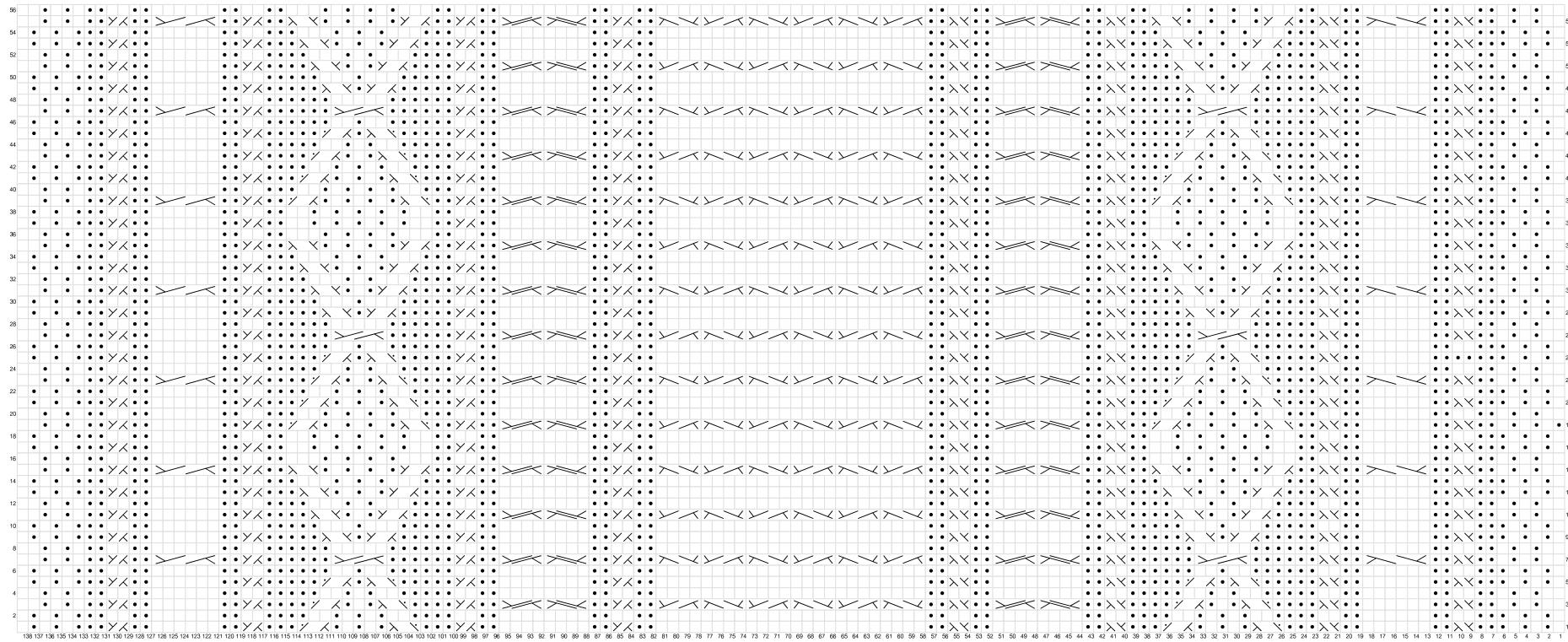
2C the left shoulder



2D the right shoulder



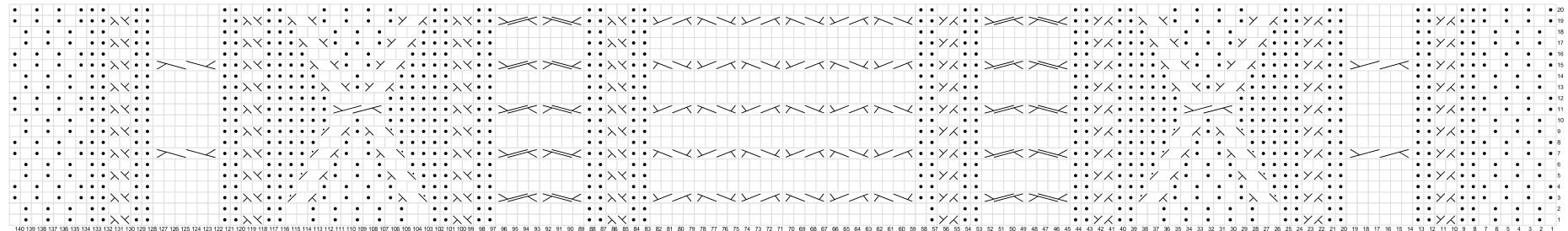
2E the front



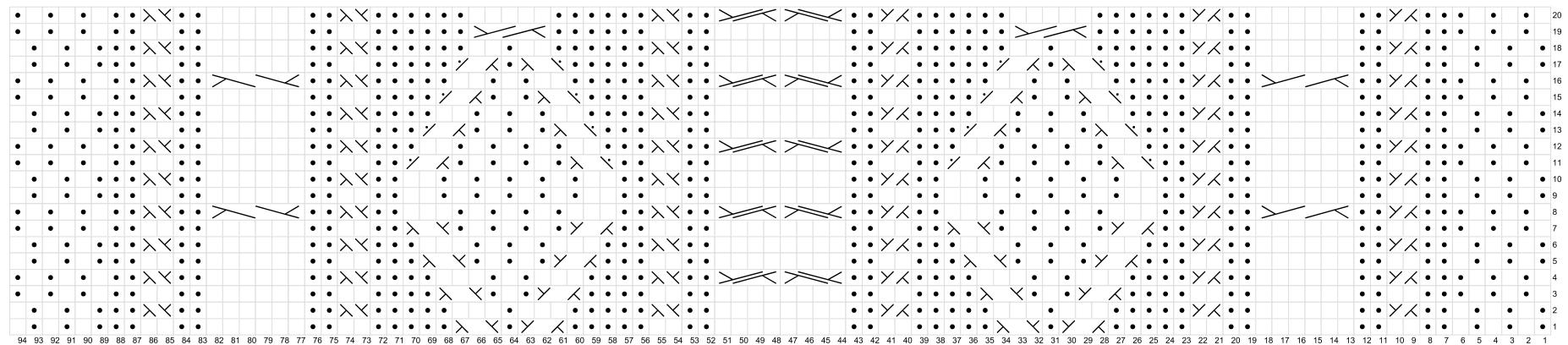
2F front body



2G back body

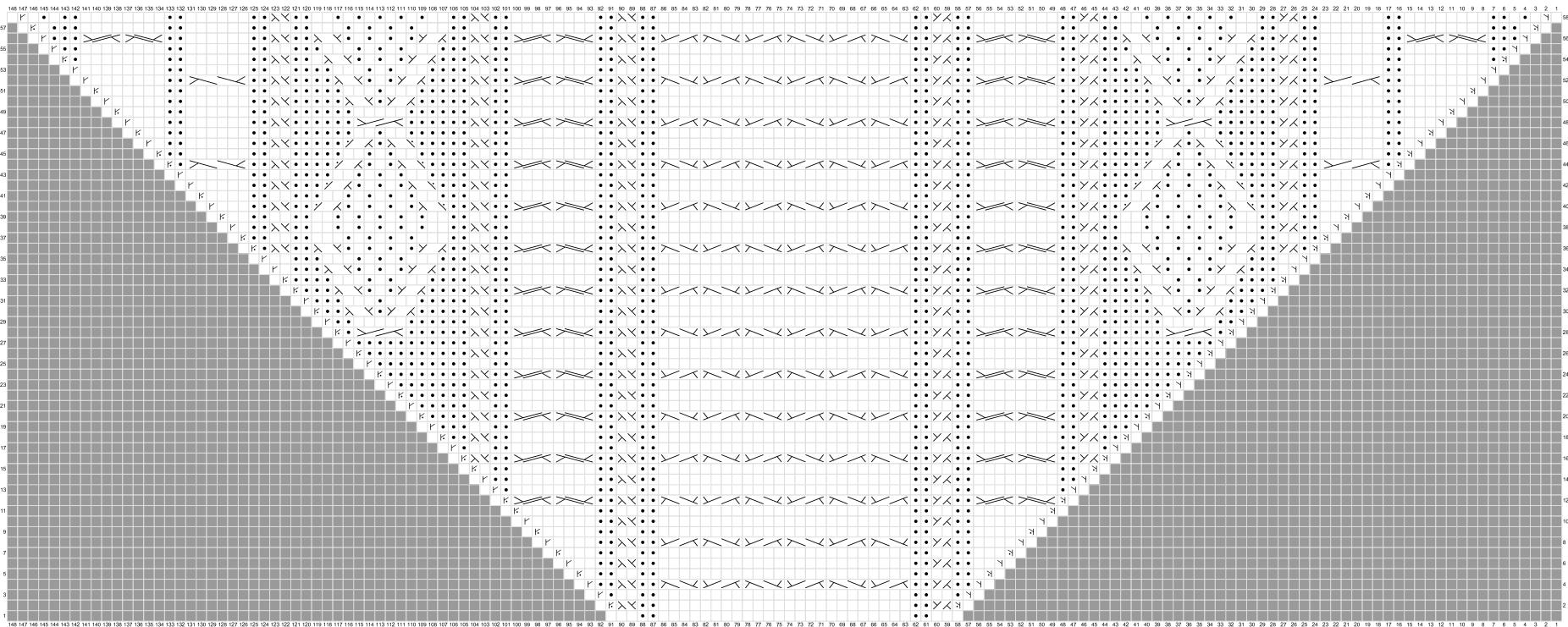


2H the sleeve

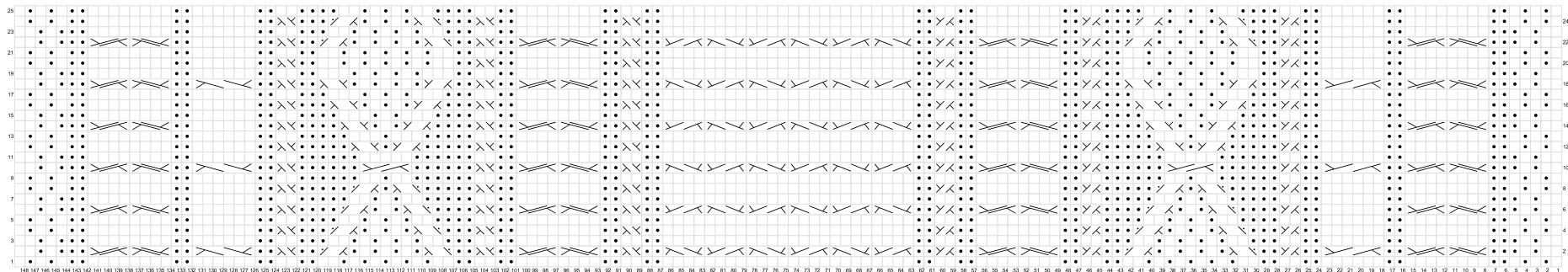


Charts, size 3

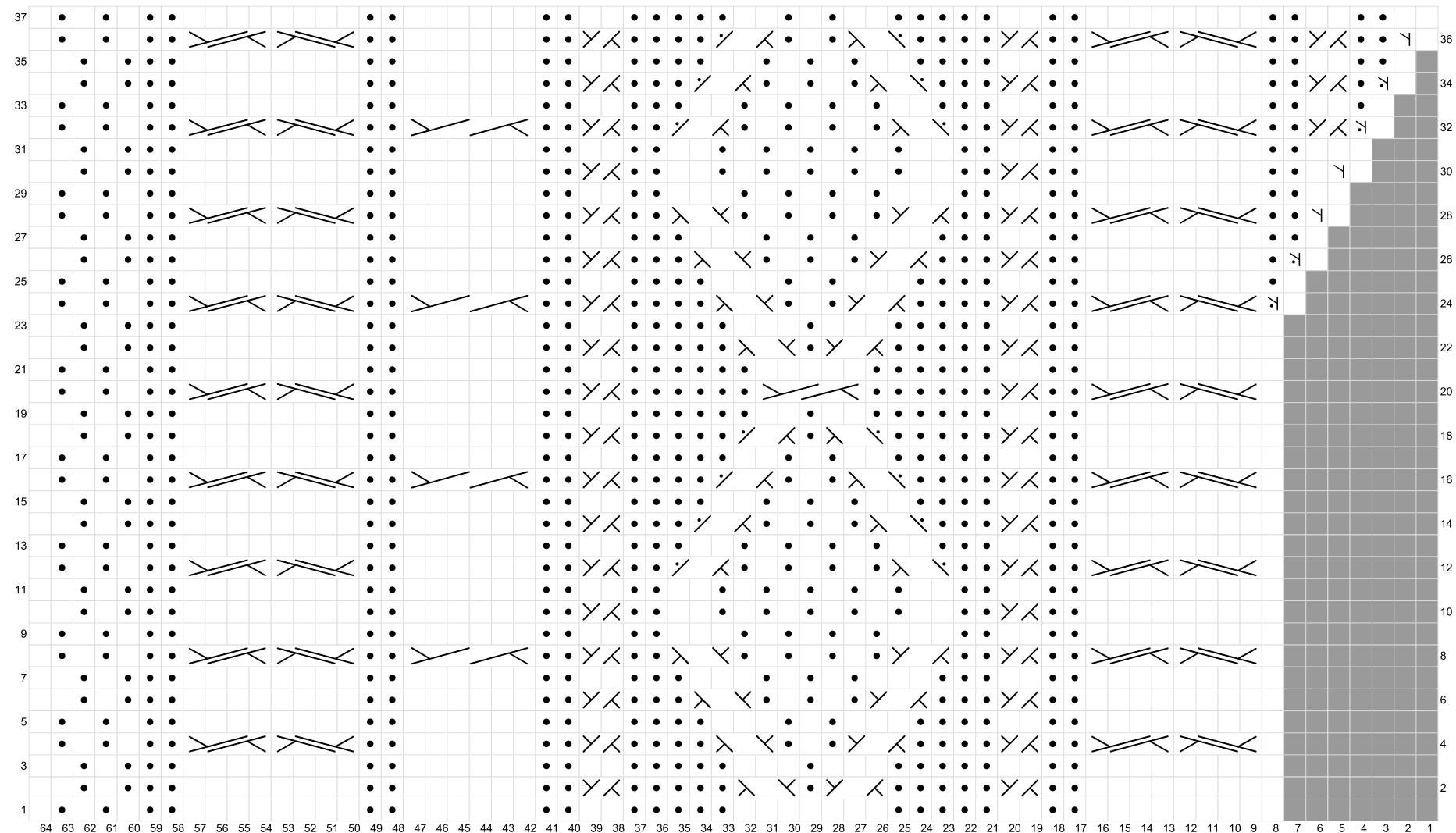
3A the back increases



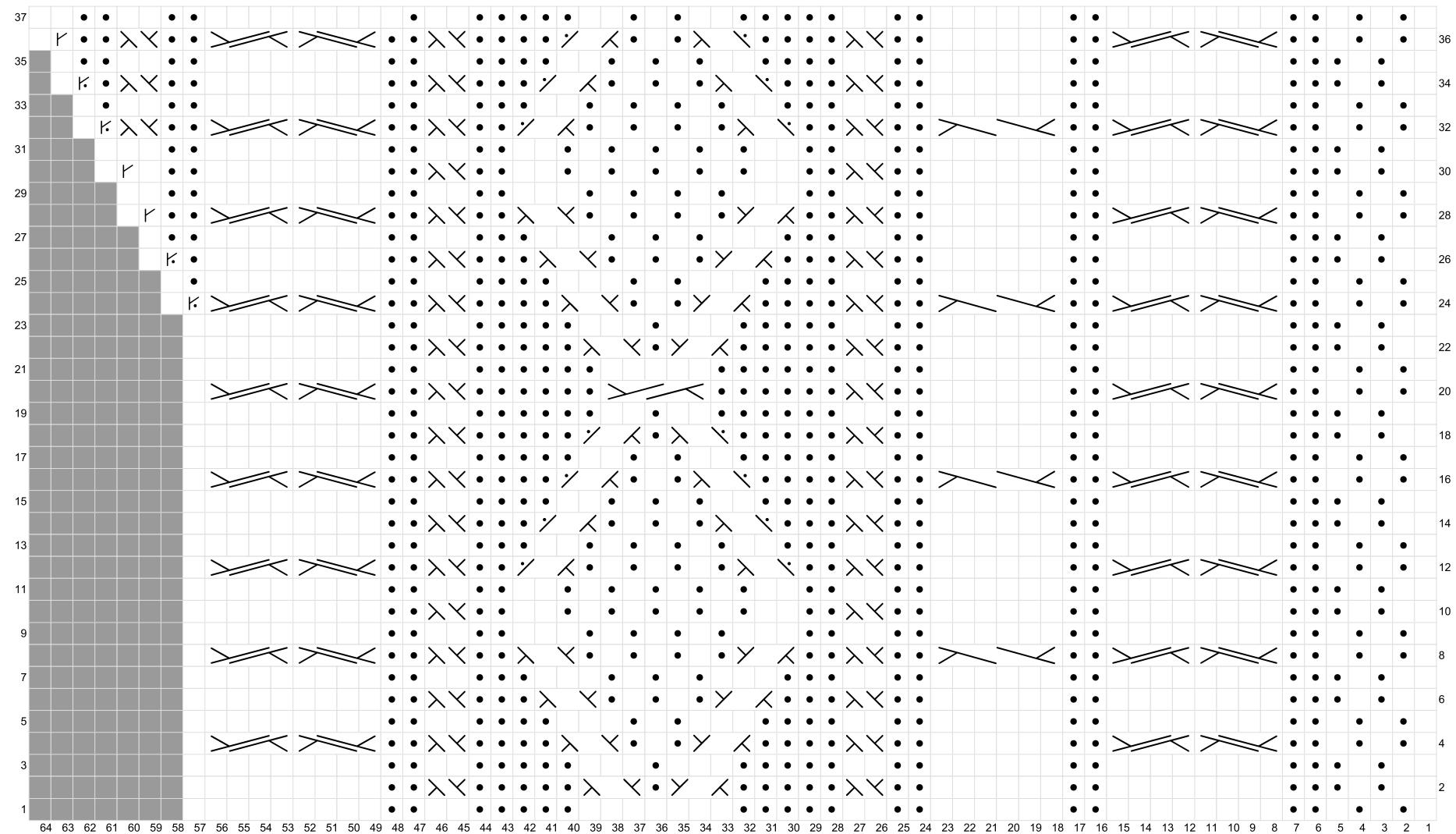
3B the back



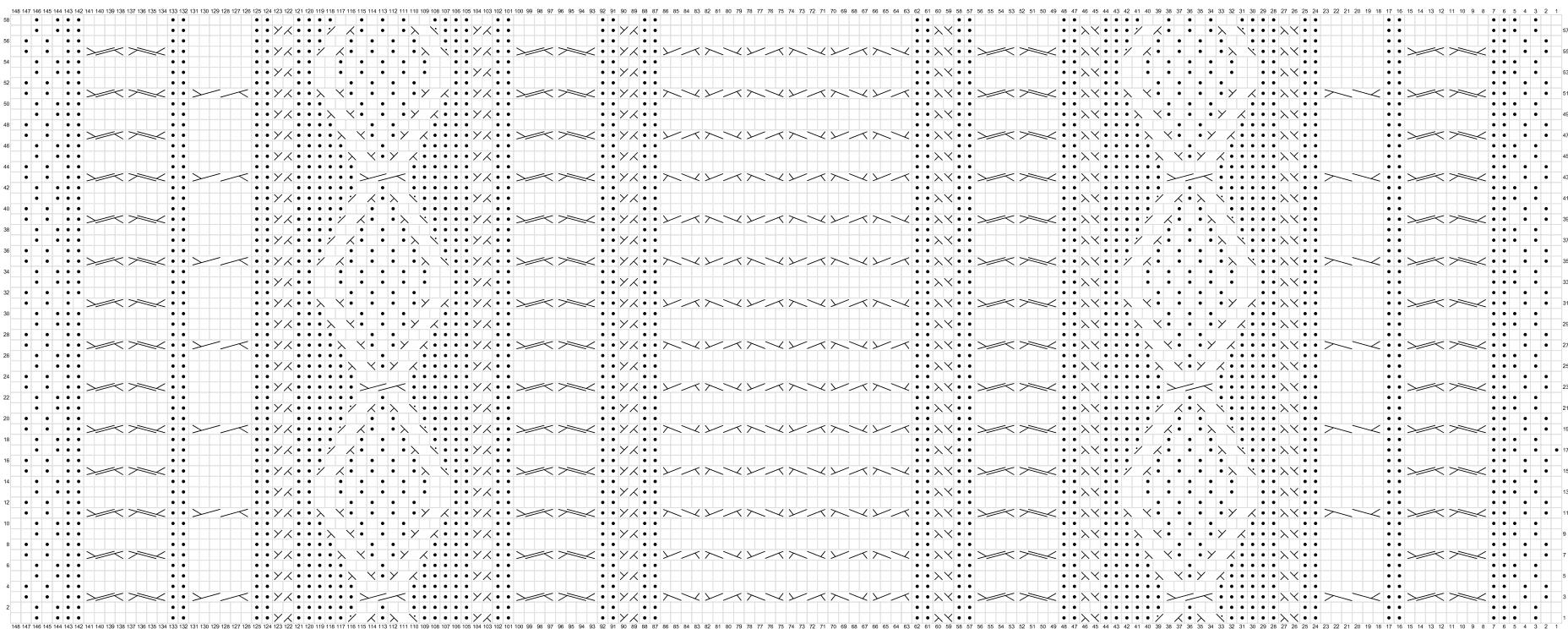
3C the left shoulder



3D the right shoulder



3E the front



3F front body



3G back body



3H the sleeve

