



SUNDHED

TRIVSEL

TALENT

Periode	THE BASE TRAINING PERIOD <i>w. supercompensation cycles</i>																RECOVERY		COMPETITION TRAINING PERIOD			TAPER		TRANSITION PERIOD				
Mesocyklus	I					II				III				IV			V		VI			VII			VIII		IX	
Mikrocyklus	1	2	3	4	5	1	2	3	4	1	2	3	4	1	2	3	4	1	2	1	2	3	1	2	3	1	2	1
Uge 36	MANDAG					TIRSDAG				ONSDAG				TORSDAG			FREDAG			LØRDAG			SØNDAG					
Morgen						Mødetid: 5.15 Vandtid: 5.30-7.00 Dryland: 7.00-7.15								Mødetid: 5.15 Vandtid: 5.30-7.00 Dryland: 7.00-7.15						Mødetid: 9.00 Vandtid: 10.00-12.00 Dryland: 9.00-10.00								
Aften	Mødetid: 16.15 Vandtid: 16.30-18.00 Dryland: 18.00-19.00					Mødetid: 16.15 Vandtid: 16.30-18.30 Dryland: 18.30-19.30								Mødetid: 17.30 Vandtid: 18.30-20.30 Dryland: 17.30-18.30			Mødetid: 15.45 Vandtid: 16.00-18.00 Dryland: 18.00-18.30											
Noter:	<p><i>"Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose. Nobody goes undefeated all the time. If you can pick up after a crushing defeat, and go on to win again, you are going to be a champion someday." - Wilma Rudolph</i></p>																											