



SUNDHED

TRIVSEL

TALENT

Periode	THE BASE TRAINING PERIOD w. supercompensation cycles																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 34	MANDAG					TIRSDAG				ONSDAG				TORSDAG				FREDAG		LØRDAG			SØNDAG						
Morgen						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>"You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits." - Michael Phelps</i></p>																												