



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
<b>Uge 40</b>	MANDAG					TIRSDAG				ONSDAG				TORSDAG				FREDAG			LØRDAG			SØNDAG				
<b>Morgen</b>						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							
<b>Aften</b>	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: 17.00 Vandtid: 18.30-20.30 Styrke: 17.00-18.00				Mødetid: 15.45 Vandtid: 16.00-18.00										
<b>Noter:</b>	<p><i>"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "Happy". They told me I didn't understand the assignment, and I told them they didn't understand life."</i></p>																											