

AMÍ/UMÍ/Landslið End of Year Adaptation and Taper Timetable

Week Type	Dates	Attendance		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A	27.5.2013 - 2.6.2013	(+3 - Check Weekly Plan for Target)	AM	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	Akranes 6:30-7:30 5:30 - 7:30	Akranes 8:00 - 10:00 Land/Kepp Gym	Akranes
			PM	Land Gym 6:00 - 8:00	4:45 - 6:45	Land Yoga Kepp Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Akranes 3:30 - 5:30 Kepp not at Akranes	Akranes 3:00 - 5:00	Akranes
T	3.6.2013 - 9.6.2013	(+1 - Check Weekly Plan for target)	AM	5:45 - 7:30	5:45 - 7:30	5:45 - 7:30	5:45 - 7:30	5:45 - 7:30	8:15 - 10:00 Land Gym	Rest
			PM	Land Gym 6:00 - 7:45	4:45 - 6:30	Land Yoga Kepp Gym 6:00 - 7:30	Land Gym 5:00 - 6:45	Kepp Gym 3:30 - 5:15	Rest	Rest
T	10.6.2013 - 16.3.2013	All Sessions	AM	6:00 - 7:30	6:00 - 7:30	6:15 - 7:30	6:15 - 7:30	6:30 - 7:30	UMÍ	UMÍ
			PM	Land Gym 6:00 - 7:30	4:45 - 6:15 Racing Suit	Land Yoga Kepp Gym 6:00 - 7:15	Land Gym 5:00 - 6:15	3:30 - 4:30	UMÍ	Rest
N (Others) A (AMÍ)	17.6.2013 - 23.6.2013	Normal (+2 for AMÍ swimmers - Check weekly plan for target and +2)	AM	Off	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	8:00 - 10:00 Land Gym	Rest
			PM	Land Gym 2:45 - 3:45 4:00 - 6:00	4:45 - 6:45	Land Yoga Kepp Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Kepp Gym 3:30 - 5:30	3:00 - 5:00	Rest
T	24.6.2013 - 30.6.2013	All Sessions	AM	5:45 - 7:30	6:00 - 7:30	6:15 - 7:30	6:30 - 7:30 Travel	AMÍ 5:30 - 7:30 Not at AMÍ	AMÍ 8:00 - 10:00 Land/Kepp Gym	AMÍ
			PM	Land Gym 6:00 - 7:45	4:45 - 6:15	Land Yoga Kepp Gym 6:00 - 7:15 Racing Suit	Land Gym 5:00 - 7:00 Session in Akureyri	AMÍ 3:30 - 5:30 Not at AMÍ	AMÍ	AMÍ
N (Others) T (Inter)	1.7.2013 - 7.7.2013	Normal (+1 for International Swimmers - Check weekly plan for target and +1)	AM	5:30 - 7:30 Not at AMÍ	5:30 - 7:30 5:45 - 7:30 Inter	5:30 - 7:30 5:45 - 7:30 Inter	5:30 - 7:30 6:00 - 7:30 Inter	5:30 - 7:30 6:00 - 7:30 Inter	8:30 - 10:00 Inter 8:00 - 10:00 Land Gym	Rest
			PM	Land Gym 6:00 - 8:00 6:00 - 7:45 Inter	4:45 - 6:45 4:45 - 6:30 Inter	Land Yoga Kepp Gym 6:00 - 8:00 6:00 - 7:45 Inter	Land Gym 5:00 - 7:00 5:00 - 6:30 Inter	Kepp Gym 3:30 - 5:30 3:30 - 5:00 Inter	Rest	Rest
N (Others) T (Inter)	8.7.2013 - 14.7.2013	Normal (All Sessions for international Swimmers)	AM	5:30 - 7:30 6:15 - 7:30 Inter	5:30 - 7:30 6:15 - 7:30 Inter	5:30 - 7:30 6:15 - 7:30 Inter	5:30 - 7:30 6:15 - 7:30 Inter	5:30 - 7:30 6:15 - 7:30 Inter	8:45 - 10:00 Inter 8:00 - 10:00 Land Gym	Rest
			PM	Land Gym 6:00 - 8:00 6:00 - 7:15 Inter	4:45 - 6:45 4:45 - 6:00 Inter	Land Yoga Kepp Gym 6:00 - 8:00 6:00 - 7:15 Inter	Land Gym 5:00 - 7:00 5:00 - 6:15 Inter	Kepp Gym 3:30 - 5:30 3:30 - 4:45 Inter	Rest	Rest
N (Reduced Hours)	15.7.2013 - 21.7.2013	Normal	AM	6:00 - 7:30	6:00 - 7:30	6:00 - 7:30	6:00 - 7:30	6:30 - 7:30	Sumarmót 50	Sumar Frí
			PM	Land Gym 6:00 - 7:30	4:45 - 6:15	Land Yoga Kepp Gym 6:00 - 7:30	Land Gym 5:00 - 6:30	Sumarmót 25	Sumar Frí	Sumar Frí