

# ÍM25 Adaptation and Taper Timetable

Block	Week Type	Dates	Week	Attendance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Block 3	N	6.10.2014 - 12.10.2014	9	Normal	AM	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	6:30 - 7:30 with Hjördis	Bikar	Rest
					PM	Land Gym 6:00 - 8:00	4:45 - 6:45	Land Yoga Úrvals Gym 6:00 - 8:00 Lands Fri Session	Land Gym 5:00 - 7:00	Bikar	Bikar	Rest
	A	13.10.2014 - 19.10.2014	10	(+2)	AM	5:30 - 7:30 with Hjördis	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	8:00 - 10:00	Rest
					PM	No Gym 6:00 - 8:00 with Hjördis	4:45 - 6:45	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Úrvals Gym 3:30 - 5:30	Landslið Camp	Rest
	A	20.10.2014 - 26.10.2014	11	(+1)	AM	5:30 - 7:30	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 6:00 - 8:00	4:45 - 6:45	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Úrvals Gym 3:30 - 5:30	SH Mót	Rest
	A / T	27.10.2014 - 2.11.2014	12	(+2)	AM	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	Haustmót ÍRB	Rest
					PM	Land Gym 6:00 - 8:00	4:45 - 6:45	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Úrvals Gym 3:30 - 5:30	4:00 - 6:00	Rest
Block 4	T	3.11.2014 - 9.11.2014	13	(+1)	AM	5:45 - 7:30	5:45 - 7:30 Extra Úrvals	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 Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 6:45	Úrvals Gym 3:30 - 5:15	Rest	Rest
	T	10.11.2014 - 16.11.2014	14	All	AM	6:00 - 7:30	6:15 - 7:30	6:15 - 7:30	6:30-7:30	ÍM25	ÍM25	ÍM25
					PM	Land Gym 6:00 - 7:30	4:45 - 6:15	Land Yoga Úrvals Gym 6:00 - 7:30 Racing Suit	Land Gym 5:00 - 6:00	ÍM25	ÍM25	ÍM25

**What are you willing to sacrifice in order to be ready?**