

# ÍM50 Adaptation and Taper Timetable

Week Type	Dates	Attendance		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A</b>	<b>11.3.2013 - 17.3.2013</b>	<b>(+3 - Check Weekly Plan for Target)</b>	<b>AM</b>	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
			<b>PM</b>	Land Gym 6:00 - 8:00	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
<b>A</b>	<b>18.3.2013 - 24.3.2013</b>	<b>(Normal - Check Weekly Pan for Target)</b>	<b>AM</b>	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	SH Mót	SH Mót
			<b>PM</b>	Land Gym 6:00 - 8:00	4:45 - 6:45	Páskamót	Land Gym 5:00 - 7:00	Kepp Gym 3:30 - 5:30	SH Mót	SH Mót
<b>A</b>	<b>25.3.2013 - 31.3.2013</b>	<b>(+2 - Check Weekly Plan for Target)</b>	<b>AM</b>	7:30 - 9:30	7:30 - 9:30	7:30 - 9:30	7:30 - 9:30	7:30 - 9:30 Kepp Gym 10-11	8:00 - 10:00 Land Gym	Rest
			<b>PM</b>	Land Gym 6:00 - 8:00	4:45 - 6:45	Land Yoga Kepp Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Rest	3:00 - 5:00	Rest
<b>T</b>	<b>1.4.2013 - 7.4.2013</b>	<b>(+1 - Check Weekly Plan for Target)</b>	<b>AM</b>		7:45 - 9:30	5:45 - 7:30	5:45 - 7:30	6:00 - 7:30	8:30 - 10:00 Land Gym	Rest
			<b>PM</b>	Land Gym 6:00 - 7:45	4:45 - 6:30	Land Yoga Kepp Gym 6:00 - 7:45	Land Gym 5:00 - 6:45	Kepp Gym 3:30 - 5:00	3:00 - 4:30	Rest
<b>T</b>	<b>8.4.2013 - 14.4.2013</b>	<b>All Sessions</b>	<b>AM</b>	6:00 - 7:30	6:15 - 7:30	6:30 - 7:30	ÍM50	ÍM50	ÍM50	ÍM50
			<b>PM</b>	Land Gym 6:00 - 7:30	4:45 - 6:15 Racing Suit	4:45 - 6:15	ÍM50	ÍM50 Theme Night	ÍM50	ÍM50
<b>N</b>	<b>15.4.2013 - 21.4.2013</b>	<b>Normal</b>	<b>AM</b>	Off						
			<b>PM</b>	Resume Normal Training						