



Date	Swimming	Cycling	Running	Other
Monday 05.01.09				
Tuesday 06.01.09			5min warm up, 8x15s run backward+15sec run fluid+30sec walking, 4 drills 30 meters, 12min steady transition run 10:18 min/mile (breaks if necessary)	
Wednesday 07.01.09				
Thursday 08.01.09				strenght program 0 level 2 as a independent workout, accurate performance!
Friday 09.01.09				
Saturday 10.01.09	Front Crawl Lesson 1+2 or 200 warm up, 5x 25 combination exercises+25 easy, any style: 1. breast arms+freestyle kicks 2.backstroke arms+breast kicks 3.freestyle arms+dolphin kicks (both legs kicks simultaneously) 4. breast arms+butterfly kicks 5.freestyle arms+breast kicks, 20s rest interval, cool down: 100m slow swimming any style			
Sunday 11.01.09		moderate cadence training: indoor bike exercise trainer or outdoor (flat course) gear 42/18, 39/17 or similar: 10min warm up with 100 rpm (revolution of the cranks per minute),10min technical drills: 1min out-of-saddle, 1min free-hand, 1min increase the frequency, 1min reduce the frequency, 1min try to stand still, 3min change of the handlebar position, 3min Spin up: 1min 90rpm,1min 110rpm, 1min 130rpm, 5min easy, 1min maximum rpm, 10min cool down		