



Date	Swimming	Cycling	Running	Other
Monday 05.01.09	Front Crawl Lesson 1 or 300 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, 100m easy pace, any style, 4x25 freestyle drill +25 freestyle slow motion - swim technically very clean! 15s rest, 4 x 100 freestyle basic pace at 2:07,1 min 20s rest in between, cool down: 100m slow swimming any style		5min warm up, 4x15sec running drill+15sec run technically perfect+30sec walking, 35min run at a comfortable pace 8:22 min/mile, (breaks if necessary)	
Tuesday 06.01.09		moderate cadence training: indoor exercise bike 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 the handlebar position, 3min Spin up: 1min 90rpm,1min 110rpm, 1min 130rpm, 5min easy, 3min Spin up: 100/120/140rpm, 5min easy, 3min Spin up: 110/130/150rpm, 5min easy, 1min maximum rpm, 10min cool down		strenght program 0 Level 1
Wednesday 07.01.09			5min warm up, 4x4x50m drills+50m run fast (but not speedy), 6x200m increasing pace until 5k-race-pace, 100m walking+100m jogging, 5-10min cool down	
Thursday 08.01.09				
Friday 09.01.09	Front Crawl Lesson 2 or 300 warm up, 8x50 freestyle drill + 50 slow motion - feel the body gliding, 15s rest interval, 4x50 breast arms+freestyle kicks, 4-6x100 freestyle stretching with low resistance, 200 cool down			
Saturday 10.01.09				strenght program 1 level 1 or level 2
Sunday 11.01.09			5min warm up, 10x15s drill+15s run fast+30s walk, 3x7min Fartlek (vary the basic pace during the run) between 8:12 min/mile and 7:27 min/mile, finally 4x100m acceleration on 1:30min rest in between	