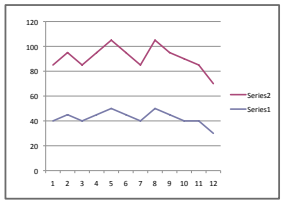
MACRO I (15/09/10 - 13/12/10)

Planning AGF Svømning - Århus / Core Team

		Date												PERIOD		FOKUS		KM		UNITS - DRYLA		ENERGY SYSTEMS UNITS				
WK	Maand	M	D	W	D	V	Z	Z	Place	Activities AFG E1	Activities Danish Swimfederation	LEN + FINA Activities	Observaties	MC	MES	1st	2nd	min.	max.	Swim	Dryland	AEC	ANC	AEP	ANP	SP
33	August	16	17	18	19	20	21	22						15	1											
34	August	23	24	25	26	27	28	29						14	2											
35	September	30	31	1	2	3	4	5						13	1											
36	September	6	7	8	9	10	11	12						12	2											
37	September	13	14	15	16	17	18	19						11	3	AEC	ANC	40	45	10	3	6	1			3
38	September	20	21	22	23	24	25	26					10 weeks until DM	10	4	AEC	ANC	45	50	10	3	5	2	1		2
39	Sept./Okt.	27	28	29	30	1	2	3						9	5	AEC	ANC	40	45	9	2	5	2		1	2
40	Oktober	4	5	6	7	8	9	10						8	1	AEC	ANC	45	50	9	3	6	1			3
41	Oktober	11	12	13	14	15	16	17					Autumn holiday (16/10 - 24/10)	7	2	AEC	ANC	50	55	10	3	5	2	1		2
42	Oktober	18	19	20	21	22	23	24			23 t/m 29 oktober TC Juniors		Autumn holiday (16/10 - 24/10)	6	3	AEC	ANC	45	50	11	3	6	2	1	1	2
43	Oktober	25	26	27	28	29	30	31	Odense	Vest Danske Mesterskaber (25m) - GP 1	Ost & Vest Danske Mesterskaber		5 weeks until DM	5	4	AEC	SP	40	45	6	2	4	1			3
44	November	1	2	3	4	5	6	7		Vestkyst Cup Esjberg				4	1	ANP	AEP	50	55	9	3	6	1	1	1	3
45	November	8	9	10	11	12	13	14	Stavanger		Nordsjø Stevnet - Norway			3	2	AEP	ANP	45	50	10	3	6	2	1	1	2
46	November	15	16	17	18	19	20	21						2	3	ANP	AEP	40	50	10	2	5	1		2	2
47	November	22	23	24	25	26	27	28	Eindhoven			23-28 nov EC (25m)		1	4	SP	ANP	40	45	8	2	5	1		sms	3
48	Nov./Dec.	29	30	1	2	3	4	5	Bellahøj	Danmarks Mesterskaber (25m)	Danmarks Mesterskaber (25m)			0	5	DM	TP	30	40	7	0	4	1			2
49	December	6	7	8	9	10	11	12	Odder	Julestævne	Nordisk Junior Mesterskaber			-1	1	AEC	SP	30	40	6	0					
50	December	13	14	15	16	17	18	19	Dubai	Vest Argangsmesterskaber		15-19 dec FINA WC (25m)		-2	2	AEC	SP	30	35	6	2					
51	December	20	21	22	23	24	25	26					Christmas Holiday	-3	3	AEC	ANC	15	15	3	3					
52	December	27	28	29	30	31	1	2	Slovenia		Langrendstræningslejr		Christmas Holiday	-4	4	AEC	ANC	15	15	3	3					
																		595	680	109	32	63	17	5	7	29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