

TRAINING CALENDAR TEMPLATE

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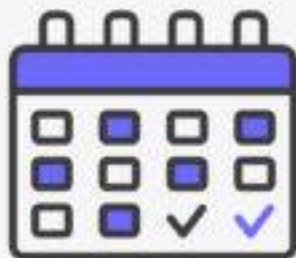
ACCORDING TO
SPORTSENGINE.COM

one of the world's best swimmer,
Michael Phelps, swims at least



80,000
meters

per week during his peak training
phases.



Moreover, his daily
training takes

Five to six hours,
six days a week.



Another important
type of training is
employee training.

That is why large companies would
spend **\$19.7 million on average for
employee training and development**,
based on the Training Magazine's
training industry report.

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