## TRAINING CALENDAR

## **SEPTEMBER**

| Week 4 | Week 3 | Week 2 | Week 1 | 7         |          | Week 4 | Week 3 | Week 2 | Week 1 | _         |         | Week 4 | Week 3 | Week 2 | Week 1 |           |
|--------|--------|--------|--------|-----------|----------|--------|--------|--------|--------|-----------|---------|--------|--------|--------|--------|-----------|
|        |        |        |        | Monday    | NOVEMBER |        |        |        |        | Monday    | OCTOBER |        |        |        |        | Monday    |
|        |        |        |        | Tuesday   |          |        |        |        |        | Tuesday   |         |        |        |        |        | Tuesday   |
|        |        |        |        | Wednesday |          |        |        |        |        | Wednesday |         |        |        |        |        | Wednesday |
|        |        |        |        | Thursday  |          | -      |        |        |        | Thursday  |         |        |        |        |        | Thursday  |
|        |        |        |        | Friday    |          |        |        |        |        | Friday    |         |        |        |        |        | Friday    |
|        |        |        |        | Saturday  |          |        |        |        |        | Saturday  |         |        |        |        |        | Saturday  |
|        |        |        |        | Sunday    |          |        |        |        |        | Sunday    |         |        |        |        |        | Sunday    |

## TRAINING CALENDAR

## **DECEMBER**

|        | Monday   | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|----------|---------|-----------|----------|--------|----------|--------|
| Week 1 |          |         |           |          |        |          |        |
| Week 2 |          |         |           |          |        |          |        |
| Week 3 |          |         |           |          |        |          |        |
| Week 4 |          |         |           |          |        |          |        |
| ,      | JANUARY  |         |           |          |        |          |        |
| -      | Monday   | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 |          |         |           |          |        |          |        |
| Week 2 |          |         |           |          |        |          |        |
| Week 3 |          |         |           |          |        |          |        |
| Week 4 |          |         |           | •        |        |          |        |
| ١      | FEBRUARY | ·       |           |          |        |          |        |
| 7      | Monday   | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 |          |         |           |          |        |          |        |
| Week 2 |          |         |           |          |        |          |        |
| Week 3 |          |         |           |          |        |          |        |
| Week 4 |          |         |           |          |        |          |        |