

CYCLE PREPARATION PERIOD TRAINING

Day	Date	Session	Type	Comments	
<i>Example</i>	<i>08 November 2005</i>	<i>L2 session</i>	<i>Turbo</i>	<i>Getting used to yo-yo'ing</i>	
PERIOD 1					
Week 1					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week 2					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week 3					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week 4					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

CYCLE PREPARATION PERIOD TRAINING

Day	Date	Session	Type	Comments	
PERIOD 2					
Week 5					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week 6					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week 7					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week 8					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

CYCLE PREPARATION PERIOD TRAINING

Day	Date	Session	Type	Comments	
PERIOD 3					
Week 9					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week 10					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week 11					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week 12					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
end					