

WEEKLY TRAINING CYCLES:

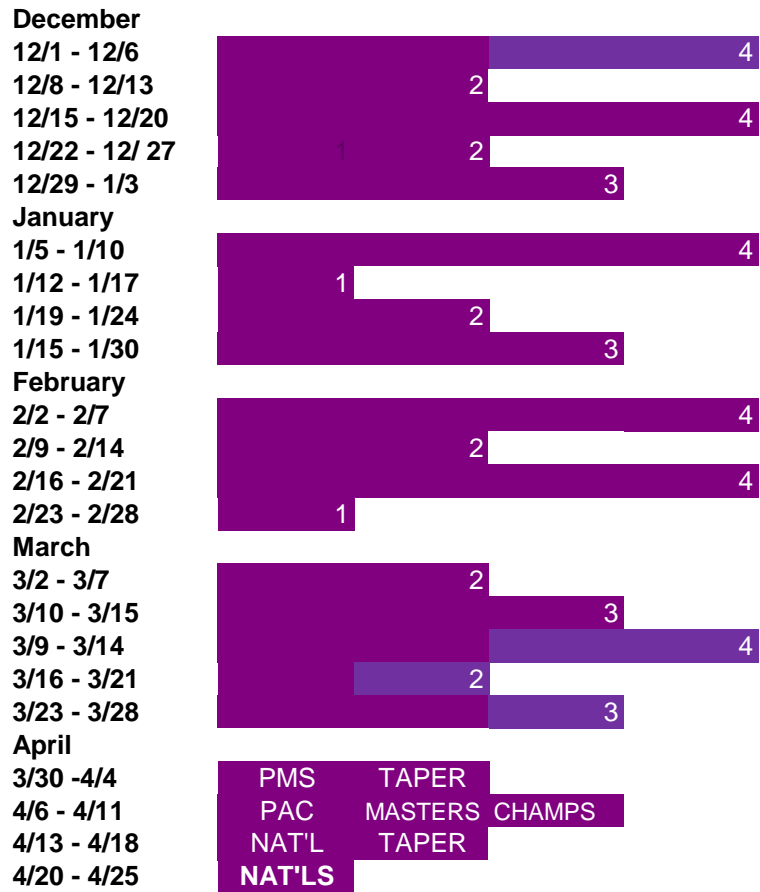
ONE BLOCK: EZ/MOD

TWO BLOCK: MOD/HARD

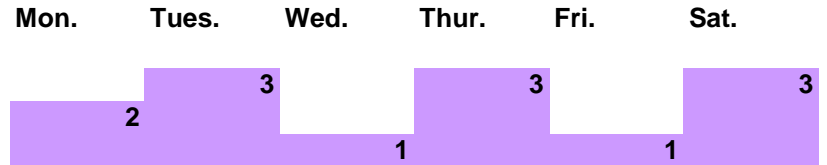
THREE BLOCK: HARD

FOUR BLOCK: VERY HARD

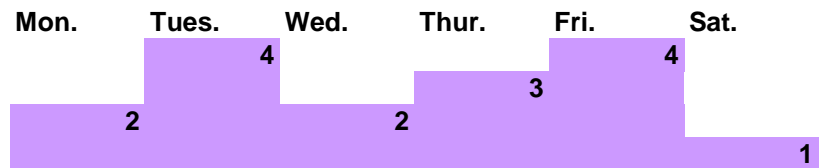
1 BLOCK 2 BLOCK 3 BLOCK 4 BLOCK



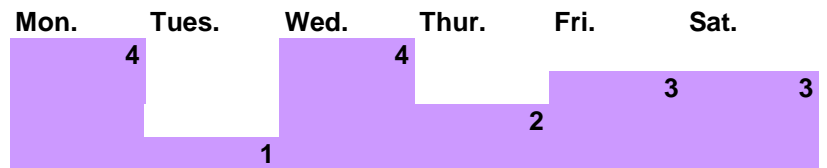
ONE BLOCK WEEK:



TWO BLOCK WEEK:



THREE BLOCK WEEK:



FOUR BLOCK WEEK:

