| | | 3/11 | 3/12 | 3/13 | 3/14 | 3/15 | 3/16 | 3/17 |
|---------|--------------|------|------|------|------|------|------|------|
| 单词 | 单词计划 | | | | | | | |
| | 生词总结 | | | | | | | |
| | 网课单词 | | | | | | | |
| A→ X !: | TPO精读 | | | | | | | |
| 阅读 | 长难句网课 | | | | | | | |
| 听力 | TOP精听 | | | | | | | |
| | 文本听写 | | | | | | | |
| 口语 | 口语跟读 | | | | | | | |
| | 语料背诵 | | | | | | | |
| | TPO真题 | | | | | | | |
| 写作 | 网课 | | | | | | | |
| | TPO真题 | | | | | | | |
| | 语料背诵 | | | | | | | |
| 备注 | 144 1 1 3 MB | | | | | | | |
| рд (| | 3/18 | 3/19 | 3/20 | 3/21 | 3/22 | 3/23 | 3/24 |
| 单词 | 单词计划 | | | | | | | |
| | 生词总结 | | | | | | | |
| | 网课单词 | | | | | | | |
| 阅读 | TPO精读 | | | | | | | |
| | 长难句网课 | | | | | | | |
| 听力 | TOP精听 | | | | | | | |
| | 文本听写 | | | | | | | |
| 口语 | 口语跟读 | | | | | | | |
| | 语料背诵 | | | | | | | |
| | TPO真题 | | | | | | | |
| 写作 | 网课 | | | | | | | |
| | TPO真题 | | | | | | | |
| | 语料背诵 | | | | | | | |
| 备注 | 100 | | | | | | | |
| | | 3/25 | 3/26 | 3/27 | 3/28 | 3/29 | 3/30 | 3/31 |
| 单词 | 单词计划 | · | | , | , | | | |
| | 生词总结 | | | | | | | |
| | 网课单词 | | | | | | | |
| 阅读 | TPO精读 | | | | | | | |
| | 长难句网课 | | | | | | | |
| 听力 | TOP精听 | | | | | | | |
| | 文本听写 | | | | | | | |
| 口语 | 口语跟读 | | | | | | | |
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| | TPO真题 | | | | | | | |
| 写作 | 网课 | | | | | | | |
| | TPO真题 | | | | | | | |
| | 语料背诵 | | | | | | | |
| 备注 | | | | | | | | |