**Тренажерная подготовка**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Дни** | | **Часы** | **ВНК** | | | | |
| **ДОП** | | **АДО** | | |
| **ДОП** | **АДО** | **10** | **10** | **10** | **10** | **10** |
| **1** | **1** |  | **Теория** | | | | |
| 2 | 2 | 4 | **A3** | **D3** | **A4** | **D4** | **WD** |
| 4 | 4 | 4 | 4 | 4 |
| 3 | 3 | 6 | 6 | 6 | 6 | 6 | 6 |
| 8 | 8 | 8 | 8 | 8 |
| 10 | 10 | 10 | 10 | 10 |
| 4 | 4 | 4 | **D3** | **A3** | **D4** | **WD** | **A4** |
| 4 | 4 | 4 | 4 | 4 |
| 5 | 5 | 6 | 6 | 6 | 6 | 6 | 6 |
| 8 | 8 | 8 | 8 | 8 |
| 10 | 10 | 10 | 10 | 10 |
| 6 | 6 | 4 | **A3+D3** | **A3+D3** | **D4** | **A4+WD+D4** | **A4+WD** |
| **A3+D3** | **A3+D3** | **A4+WD** | **D4** | **A4+WD+D4** |
| 1 | 7 |  | **Теория** | | | | |
| 2 | 8 | 4 | **A3** | **D3** | **WD** | **A4** | **D4** |
| 4 | 4 | 4 | 4 | 4 |
| 3 | 9 | 6 | 6 | 6 | 6 | 6 | 6 |
| 8 | 8 | 8 | 8 | 8 |
| 10 | 10 | 10 | 10 | 10 |
| 4 | 10 | 4 | **D3** | **A3** |  | **A4+WD** | **D4** |
| 4 | 4 | **A4+WD+D4** |  |  |
| 5 | 11 | 6 | 6 | 6 |  | A4+WD | D4 |
| 8 | 8 | A4+WD | D4 |  |
| 10 | 10 | A4+WD |  | D4 |
| 6 | 12 | 4 | **A3+D3** | **A3+D3** | A4+WD | D4 | **A4+WD+D4** |
| **A3+D3** | **A3+D3** | **A4+WD+D4** | **A4+WD+D4** |  |