**Тренажерная подготовка**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Дни** | **Часы** | **Восток** | | |
| **ДОП** | | |
| **ДОП** | **10** | **10** | **10** |
| **1** |  | **Теория** | | |
| 2 | 4 | **A7** | **D7** | **A9** |
| 4 | 4 | 4 |
| 3 | 6 | 6 | 6 | 6 |
| 8 | 8 | 8 |
| 10 | 10 | 10 |
| 4 | 4 | **D7** | **A9** | **A7** |
| 4 | 4 | 4 |
| 5 | 6 | 6 | 6 | 6 |
| 8 | 8 | 8 |
| 10 | 10 | 10 |
| 6 | 4 | **A9** | **A7** | **D7** |
| 4 | 4 | 4 |
| 7 | 6 | 6 | 6 | 6 |
| 8 | 8 | 8 |
| 10 | 10 | 10 |
| 8 | 4 | **A7+A9** | D7 |  |
|  | **A7+A9** | D7 |
| 9 | 6 | D7 |  | **A7+A9** |
| **A7+A9+D7** | **A7+A9+D7** | **A7+A9+D7** |
| **A7+A9+D7** | **A7+A9+D7** | **A7+A9+D7** |