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9	Thu																			
WEEK # 16	Wed																			
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SPORT CHOICE:	Training / Practice / Development Description																			





SPORT CHOICE:			WE	WEEK # 13	ю			-	-	WEE	WEEK # 14	-	-	
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat





SPORT CHOICE:			WE	WEEK # 11	1			-		WEE	WEEK # 12		-	
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat





SPORT CHOICE:			W	WEEK#9	_					WEE	WEEK # 10			
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat





SPORT CHOICE:			×	WEEK#7				-		WEI	WEEK # 8	-		
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat





SPORT CHOICE:			WEEK # 5					WE	WEEK#6		
Training / Practice / Development Description	Sun Mon	n Tue	Wed Thu	Fri	Sat	Sun	Mon	Tue	Wed Ti	Thu Fri	Sat





SPORT CHOICE:		>	WEEK#3					WE	WEEK#4		
Training / Practice / Development Description	Sun Mon	η Tue	Wed Thu	Fri	Sat	Sun	Mon	Tue	Wed Thu	u Fri	Sat





SPORT CHOICE:			*	WEEK#1	_					WE	WEEK#2	-	-	
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri S	Sat