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





SPORT CHOICE:			WEI	WEEK # 13	_					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				WE	WEEK # 12		
Training / Practice / Development Description	Sun Mon	Tue	Wed Thu	Fri Sat	Sun	Mon	Tue	Wed Ti	Thu Fri	i Sat





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





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





SPORT CHOICE:		W	WEEK#3				WE	WEEK # 4		
Training / Practice / Development Description	Sun Mon	Tue	Wed Thu	Fri Sat	Sun	Mon	Tue	Wed Ti	Thu Fri	i Sat





SPORT CHOICE:			×	WEEK#1				-		WEI	WEEK # 2	-	-	
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat