| TR16201水有小平强16班专队 | | | | | | | | | |
|-----------------------|-------------|-------|---------------|--|--|--|--|--|--|
| Day 1 | 填空练习 | 1-10 | EBEEDBADED | | | | | | |
| Day 2 | 填空练习 | 1-10 | BAECECDABB | | | | | | |
| Day 3 | 填空练习 | 1-10 | BEADDAACCD | | | | | | |
| Day 4 | 填空练习 | 1-10 | EDBEACEDDB | | | | | | |
| Day 5 | 填空练习 | 1-10 | EBDCEDABBB | | | | | | |
| | 填空练习 | 1-10 | AAB DCDAE AE | | | | | | |
| Day 6 | 5747 | 1-11 | BDC ECEBA EAD | | | | | | |
| | 反义练习 | 12-22 | DBD ADEEA CCD | | | | | | |
| | 填空练习 | 1-10 | BDE DCDBA CE | | | | | | |
| Day 7 | 反义练习 | 1-11 | BAA CDEAC DBB | | | | | | |
| | 及又练习 | 12-22 | AAE BCECD EDE | | | | | | |
| | 填空练习 | 1-10 | ECE BACCA ED | | | | | | |
| Day 8 | 反义练习 | 1-11 | DDE DCCDE AAD | | | | | | |
| | | 12-22 | EBE BBDDD BDA | | | | | | |
| | 填空练习 | 1-10 | CAD ADDEA EB | | | | | | |
| Day 9 | 反义练习 | 1-11 | CBA BBCBE DCE | | | | | | |
| | | 12-22 | CEB ECDEE BBE | | | | | | |
| | 填空练习 | 1-10 | CDE EEBBA DB | | | | | | |
| Day 10 | 反义练习 | 1-11 | CCA EDCBE ABB | | | | | | |
| | | 12-22 | AEE ABACE CDC | | | | | | |
| | 填空练习 | 1-10 | CEC EABAE AC | | | | | | |
| Day 11 | 反义练习 | 1-11 | DBB DDDBE CEE | | | | | | |
| | 汉人小门 | 12-22 | CDB ECBBA DDC | | | | | | |
| | 填空练习 | 1-10 | CBA BCDDC CA | | | | | | |
| Day 12 | 反义练习 | 1-11 | DBB BDCDA EDD | | | | | | |
| | 及又泺习 | 12-22 | CCA CEADE EDD | | | | | | |
| | 填空练习 | 1-10 | AAE BACBC BD | | | | | | |
| Day 13 | 反义练习 | 1-11 | ABD BEECA ABA | | | | | | |
| | 汉义亦つ | 12-22 | EBD ABDDC CCE | | | | | | |
| | 填空练习 | 1-10 | EAA CBDDC BB | | | | | | |
| Day 14 | 反义练习 | 1-11 | AAD ADCBC ACB | | | | | | |
| | 以义练习 | 12-22 | CBA ACDDD ACA | | | | | | |
| | 填空练习 | 1-10 | ADC EDDBC EC | | | | | | |

| Day 15 | 反义练习 | 1-11 | AEE CEAAB EDD |
|--------|--------------|-------|---------------|
| | | 12-22 | EAA DDCAE DBB |
| | 填空练习 | 1-10 | BEC CDECB DE |
| Day 16 | 反义练习 | 1-11 | AED ECAAB DDC |
| | 及又际刁 | 12-22 | CCE BEADE EBA |
| | 填空练习 | 1-10 | DEB BBBEE EA |
| Day 17 | 反义练习 | 1-11 | EBA CCDAD BEA |
| | 及又示刁 | 12-22 | DDA EEBDD CAC |
| | 填空练习 | 1-10 | DEC DBAEE BB |
| Day 18 | 反义练习 | 1-11 | CEE DBAAD BEB |
| | 及又练习 | 12-22 | BAA DCCDA ECA |
| | 填空练习 | 1-10 | EA CEDEBB EB |
| Day 19 | 反义练习 | 1-11 | EED DACEB BED |
| | | 12-22 | CCE DAEBC AEA |
| | 填空练习 | 1-10 | CD DCEEAC AB |
| Day 20 | 反义练习 | 1-11 | AED CAEAA BBD |
| | | 12-22 | DDC EEDCA BCD |
| | 填空练习 | 1-10 | DCE AACEC DD |
| Day 21 | 反义练习 | 1-11 | BEA DDCEA EBA |
| | | 12-22 | BCE CBABE BDE |
| | 填空练习 | 1-10 | CED CBBBE CE |
| Day 22 | | 1-11 | BAC EDABC CDA |
| | 反义练习 | 12-22 | ECC ADCDA ABD |
| | 填空练习 | 1-10 | BBE EAABE ED |
| Day 23 | 后以体力 | 1-11 | CCA CBABD BAD |
| | 反义练习 | 12-22 | CAA BDCAC BBA |
| | 填空练习 | 1-10 | EBE CCBAA CD |
| Day 24 | 5 045 | 1-11 | DBB CEABD BEA |
| | 反义练习 | 12-22 | BEB ACCCE ABE |
| | 填空练习 | 1-10 | ACC ADCAA CC |
| Day 25 | 二小母 7 | 1-11 | DAD BDEBC DEC |
| | 反义练习 | 12-22 | CAB BBECA ADC |
| | 填空练习 | 1-10 | EAC BDEDD BC |

| <u>.</u> | 八月八十四日 | 7 <u>+</u> | | | | | | | | | | | | |
|-------------|-------------------------|------------|---------------|---------------|-----|-----|-----|-----|----|----|----|--|--|--|
| Day 26 | 反义练习 | 1-11 | BCD | EBEDE | BDA | | | | | | | | | |
| | 22243 | 12-22 | CBA | ADBEB | EDE | | | | | | | | | |
| | 填空练习 | 1-10 | ABD | CECEB | DE | | | | | | | | | |
| Day 27 | 二 | 1-11 | BBD CEEBC BEA | | | | | | | | | | | |
| | 反义练习 | 12-22 | ABB | ABB EECDE CBA | | | | | | | | | | |
| | 填空练习 | 1-10 | ABD | ABD BCCCE EA | | | | | | | | | | |
| Day 28 | 二 | 1-11 | CAC BBCDA EBC | | | | | | | | | | | |
| | 反义练习 | 12-22 | AEA | AEA CBEAE AAC | | | | | | | | | | |
| | 拉克佐 切 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| Day 20 | 填空练习 | D | Е | BF | AD | AF | CDH | DE | AD | CF | BD | | | |
| Day 29 | - 44- | 01-11 | BAE | BBDAE | EBA | | | | | | | | | |
| | 反义练习 | 12-22 | DBA ABBEC DAA | | | | | | | | | | | |
| Day 30 | 适点还 包 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| | 填空练习 | Е | Е | BF | AF | CD | AFH | AF | CD | CE | DF | | | |
| | | 01-11 | ABE EBEEC BAE | | | | | | | | | | | |
| | 反义练习 | 12-22 | CDA BACCD DED | | | | | | | | | | | |
| | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| Day 04 | | E | В | AE | AE | AE | CEH | AF | CF | AF | AD | | | |
| Day 31 | 反义练习 | 01-11 | BDE AECEA CEE | | | | | | | | | | | |
| | | 12-22 | EBE EAEDA AAC | | | | | | | | | | | |
| | 填空练习 (混 S54) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| Doy 22 | | С | В | AE | CD | AD | BDI | CD | EF | AF | DE | | | |
| Day 32 | 二 以4 寸 | 01-11 | CCC EEDCA CED | | | | | | | | | | | |
| | 反义练习 | 12-22 | EAB | CDCBA | DCA | | | | | | | | | |
| | 特克 <i>は</i> 5 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| Day 22 | 填空练习 | E | В | CE | AD | AEI | BEG | AE | CE | AE | AB | | | |
| Day 33 | 反义练习 | 01-11 | DEA | DCEAC | DDB | | | | | | | | | |
| | (46-47) | 12-22 | BDC | BEDEB | EAC | | | | | | | | | |
| | 技点 体 5 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| D 6. | 填空练习 | Α | Е | E | CE | CD | CEH | CEH | CE | AF | BF | | | |
| Day 34 | 反义练习 | 01-11 | EDE | DACBE | DBE | | | | | | | | | |
| | 48-49 | 12-22 | DCE | DDEAD | EAC | | | | | | | | | |
| | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| | • • | | | | | | | | | | | | | |

| 111102012 | 混57 | С | D | BD | AF | BF | BDG | DE | AC | DF | CE | | | |
|-------------|---------------------------------------|-------|---------------|---------------|-----|-----|-----|----|----|-----|----|--|--|--|
| Day 35 | 反义练习 | 01-11 | | ACDEC | | DI | ББС | DL | AO | וטו | OL | | | |
| | 50-51 | 12-22 | | ACA ADABD AEE | | | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| | 填空练习 | С | BE | AE | BF | ADG | ADI | AE | CF | AE | CE | | | |
| Day 36 | | 01-11 | AAD I | AAD DAEBE ECD | | | | | | | | | | |
| | 反义练习 | 12-22 | BCA CBABD DED | | | | | | | | | | | |
| | 1 4 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| | 填空练习 | Α | В | AF | ADG | AFI | AFI | AF | BF | BE | BE | | | |
| Day 37 | C W & T | 01-11 | DAB (| CBCEC | DBE | | | | | | | | | |
| | 反义练习 | 12-22 | AAC DAECA EDB | | | | | | | | | | | |
| | 连六 <i>k</i> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| D 00 | 填空练习 | С | D | AE | AF | CDI | CDH | DE | ВС | EF | CD | | | |
| Day 38 | 反义练习 56-57 | 01-11 | EDB BECAE AEC | | | | | | | | | | | |
| | | 12-22 | BEA BCABD AAD | | | | | | | | | | | |
| | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| D 00 | | С | С | В | AE | AF | BDH | AF | AD | AF | BD | | | |
| Day 39 | 反义练习 | 01-11 | CBD BECBD AAD | | | | | | | | | | | |
| | | 12-22 | BDB DAEAD EEB | | | | | | | | | | | |
| | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| Day 40 | | D | В | AF | CD | BFI | ADG | AC | BE | AC | ВС | | | |
| Бау 40 | 反义练习 | 01-11 | BAB CCEED BEA | | | | | | | | | | | |
| | | 12-22 | ACC (| ACC CBEEA DDE | | | | | | | | | | |
| | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| Day 41 | 供工场力 | D | CEI | BEG | BDH | BEG | CEH | AB | AD | CE | CF | | | |
| Duy !! | 反义练习 | 01-11 | AEE E | BDCBE | CAA | | | | | | | | | |
| | 62-63 | 12-22 | BCD I | EDBBC | EEC | | | | | | | | | |
| | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| Day 42 | · · · · · · · · · · · · · · · · · · · | E | Α | AD | CF | CD | ADI | CF | BF | CF | CD | | | |
| | 反义练习 | 01-11 | DEB I | BECCE | BAB | | | | | | | | | |
| | | 12-22 | CBE I | BDBAA | CCA | | | | | | | | | |
| | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | |
| Dov 42 | ·× | D | В | AF | BD | CDH | BDG | AF | AD | ВС | AB | | | |

| Day 43 | | 01-11 | DDC BABBC AED | | | | | | | | | | | | |
|--------|----------------------|------------|-----------------------------|---------------|-----------|-----|------|----|----|----|----|--|--|--|--|
| | 反义练习 | 12-22 | | DEC DCEBE DDE | | | | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | |
| | 填空练习 | D | В | CD | AF | AE | BEH | BC | AC | AB | BF | | | | |
| Day 44 | | 01-11 | | EACBD | | AL | DELL | ВС | AC | AD | рг | | | | |
| | 反义练习 | 12-22 | | ABB DDABA BBD | | | | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | |
| | 填空练习 | D | С | BF | AE | BEH | AFG | AC | DE | AE | AD | | | | |
| Day 45 | | 01-11 | | | | БЕП | AFG | AC | DE | AL | AD | | | | |
| | 反义练习 | 12-22 | DDC CEBCC AEE BED ACDEB AEB | | | | | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | |
| Day 46 | 填空练习 | D | С | D | BE | | CEG | | AB | BE | | | | | |
| | 反义练习 72-73 | 01-11 | | | | BFG | CEG | BE | AD | DE | DF | | | | |
| | | 12-22 | CCA CEDCE AAB CCE DCDCC ADA | | | | | | | | | | | | |
| Day 47 | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | |
| | | C | E | CE | BD | AF | ADG | ВС | DF | DF | ВС | | | | |
| | 反义练习 | 01-11 | DAD EBECD ABE | | | | | | | | | | | | |
| | | 12-22 | | | | | | | | | | | | | |
| | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | |
| | | A | В | | | | | | | | | | | | |
| Day 48 | 反义练习 | 01-11 | | | | | | | | | | | | | |
| | | 12-22 | | | | | | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | |
| | 填空练习 | C | D | | | | | | | | | | | | |
| Day 49 | | 01-11 | | CF BCCAE | AE DEA | BEI | AEH | AE | BC | AB | CE | | | | |
| | 反义练习 | 12-22 | | AADCE | | | | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | |
| | 填空练习 | C | E | | | | | | | | | | | | |
| Day 50 | | 01-11 | | AE CDDEB | CD AAR | AEI | BEI | AC | AC | AB | BD | | | | |
| | 反义练习 | 12-22 | | BDECD | | | | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | | | |
| | 填空练习 | | | | | | | | | | | | | | |
| Day 51 | | D 01 11 | A DAC | BE | CE | CFG | CDG | CF | CE | AF | AD | | | | |
| | 后以佐司 | 01-11 | DAC (| DAC CCDDA DEB | | | | | | | | | | | |

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|---------------------|-----------------|-------|---------------|---------------|-----|-----|-----|----|----|----|----|--|--|
| | 火火 练力 | 12-22 | BAB A | BAB ACADD CCA | | | | | | | | | |
| Day 52 | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | |
| | 填 工场 7 | В | С | AD | BF | AEH | BDI | BF | EF | AC | BF | | |
| | 反义练习 | 01-11 | ADC EDBBA DEA | | | | | | | | | | |
| | 84,104 | 12-22 | DCA E | DCA BCEDC DDB | | | | | | | | | |
| | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | |
| Dov 52 | | С | С | BD | AFH | BEH | ADI | AE | AE | AD | BD | | |
| Day 53 | 反义练习 | 01-11 | BAE ACDAD AAD | | | | | | | | | | |
| | | 12-22 | CEE DCEBB EDA | | | | | | | | | | |
| | 填空练习 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | |
| Day 54 | | Α | Α | В | BEG | CFI | ADH | AB | EF | ВС | CE | | |
| | 反义练习 107-108 | 01-11 | ABE (| CACAE | ECD | | | | | | | | |
| | | 12-22 | EAE E | EAE BCEDC AAD | | | | | | | | | |