

Crazy 8's Training

Day 1		Day 6	
set 1	7	set 1	9
set 2	7	set 2	9
set 3	7	set 3	8
set 4	7	set 4	8
set 5	7	set 5	9
Minimum 1 day break		Minimum 1 day break	
Day 2		Day 7	
set 1	7	set 1	9
set 2	8	set 2	9
set 3	7	set 3	9
set 4	7	set 4	9
set 5	8	set 5	9
Minimum 1 day break		Minimum 1 day break	
Day 3		Day 8	
set 1	8	set 1	9
set 2	8	set 2	10
set 3	7	set 3	9
set 4	7	set 4	9
set 5	8	set 5	10
Minimum 1 day break		Minimum 1 day break	
Day 4		Day 9	
set 1	8	set 1	10
set 2	8	set 2	10
set 3	8	set 3	9
set 4	8	set 4	9
set 5	8	set 5	10
Minimum 1 day break		Minimum 1 day break	
Day 5		Day 10	
set 1	8	set 1	10
set 2	9	set 2	10
set 3	8	set 3	10
set 4	8	set 4	10
set 5	9	set 5	10
Minimum 1 day break		Minimum 1 day break	