

Crazy 8's Training

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