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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Week 1** |  |  |  |  |  |  | **Rest** |
| **Week 2** |  |  |  |  |  |  | **Rest** |
| **Week 3** |  |  |  |  |  |  | **Rest** |
| **Week 4** |  |  |  |  |  |  | **Rest** |
| **Week 5** |  |  |  |  |  |  | **Rest** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** | **Day 6** | **Day 7** |
| **Week 6** |  |  |  |  |  |  | **Rest** |
| **Week 7** |  |  |  |  |  |  | **Rest** |
| **Week 8** |  |  |  |  |  |  | **Rest** |
| **Week 9** |  |  |  |  |  |  | **Rest** |
| **Week 10** |  |  |  |  |  |  | **Rest** |