

TEST - WEEK 1

|        |        |        |        |        |        |        |
|--------|--------|--------|--------|--------|--------|--------|
| TPP-1  |        | TPP-2  |        | TPP-3  |        |        |
| WEEK 2 | CAPI-C |        |        | CAPI-D |        |        |
| WEEK 3 | CAPI-C |        | CAPI-D |        | LACT-A |        |
| WEEK 4 | CIRC-C | CAPI-C |        | CIRC-D | LACT-B |        |
| WEEK 5 | CIRC-C | CAPI-C |        | CIRC-D | CAPI-B | LACT-A |

TEST WEEK 6

|         |      |  |      |  |      |  |
|---------|------|--|------|--|------|--|
|         | T5-1 |  | T5-2 |  | T5-3 |  |
| WEEK 7  | 5A   |  | 5B   |  | 5C   |  |
| WEEK 8  | 5A   |  | 5B   |  | 5C   |  |
| WEEK 9  | 5A   |  | 5B   |  | 5C   |  |
| WEEK 10 | 5A   |  | 5B   |  | 5C   |  |

TEST WEEK 11

|         |    |      |      |  |      |  |
|---------|----|------|------|--|------|--|
| T6-1    |    | T6-2 | T6-3 |  | T6-4 |  |
| WEEK 12 | 6A |      | 6B   |  | 6A   |  |
| WEEK 13 | 6B |      | 6A   |  | 6B   |  |
| WEEK 14 | 6A |      | 6B   |  | 6A   |  |
| WEEK 15 | 6B |      | 6A   |  | 6B   |  |

TEST WEEK 16

|         |    |      |      |    |      |    |
|---------|----|------|------|----|------|----|
| T7-1    |    | T7-2 | T7-3 |    | T7-4 |    |
| WEEK 17 | 7A | 7B   |      | 7C | 7D   | 7E |
| WEEK 18 | 7A | 7B   |      | 7C | 7D   | 7E |
| WEEK 19 | 7A | 7B   |      | 7C | 7D   | 7E |
| WEEK 20 | 7A | 7B   |      | 7C | 7D   | 7E |

TEST WEEK 21

|         |      |    |      |      |    |    |
|---------|------|----|------|------|----|----|
| T8-1    | T8-2 |    | T8-3 | T8-4 |    |    |
| WEEK 22 | 8A   | 8B | 8C   | 8D   | 8E | 8F |
| WEEK 23 | 8A   | 8B | 8C   | 8D   | 8E | 8F |
| WEEK 24 | 8A   | 8B | 8C   | 8D   | 8E | 8F |
| WEEK 25 | 8A   | 8B | 8C   | 8D   | 8E | 8F |

TEST WEEK 26

|         |      |    |      |    |    |    |
|---------|------|----|------|----|----|----|
|         | T9-1 |    | T9-2 |    |    |    |
| WEEK 27 | 9A   |    | 9B   |    | 9A | 9B |
| WEEK 28 |      | 9A |      | 9B |    | 9A |
| WEEK 29 | 9A   |    | 9B   |    | 9A | 9B |
| WEEK 30 |      | 9A |      | 9B |    | 9A |

TEST WEEK 31

|         |     |       |       |     |       |     |
|---------|-----|-------|-------|-----|-------|-----|
| T10-1   |     | T10-2 | T10-3 |     | T10-4 |     |
| WEEK 32 | 10A | 10B   | 10C   | 10D | 10E   | 10F |
| WEEK 33 | 10A | 10B   | 10C   | 10D | 10E   | 10F |
| WEEK 34 | 10A | 10B   | 10C   | 10D | 10E   | 10F |
| WEEK 35 | 10A | 10B   | 10C   | 10D | 10E   | 10F |

TEST WEEK 36

|         |       |       |  |       |       |  |
|---------|-------|-------|--|-------|-------|--|
| T11-1   | T11-2 | T11-3 |  | T11-4 | T11-5 |  |
| WEEK 37 | 11A   | 11B   |  | 11C   | 11D   |  |
| WEEK 38 | 11A   | 11B   |  | 11C   | 11D   |  |
| WEEK 39 | 11A   | 11B   |  | 11C   | 11D   |  |
| WEEK 40 | 11A   | 11B   |  | 11C   | 11D   |  |

TEST WEEK - REST DAY

TEST WEEK - TEST DAY

WORKOUT WEEK - REST DAY

WORKOUT WEEK - WORKOUT DAY