

PHASE 12

TEST - WEEK 1		T12-1		T12-2			
WEEK 2	12A		12B		12A		
WEEK 3	12B		12A		12B		
WEEK 4	12A		12B		12A		
WEEK 5	12B		12A		12B		

PHASE 13

TEST WEEK 6	T13-1	T13-2		T13-3	T13-4	T13-5	
WEEK 7	13A		13B		13A		
WEEK 8	13B		13A		13B		
WEEK 9	13A		13B		13A		
WEEK 10	13B		13A		13B		

PHASE 14

TEST WEEK 11	T14-1	T14-2	T14-3	T14-4	T14-5	T14-6	
WEEK 12	14A	14B		14C	14D		
WEEK 13	14A	14B		14C	14D		
WEEK 14	14A	14B		14C	14D		
WEEK 15	14A	14B		14C	14D		

PHASE 15

TEST WEEK 16	T15-1	T15-2		T15-3	T15-4		
WEEK 17	15A	15B		15A	15B		
WEEK 18	15A	15B	15A	15B	15A	15B	
WEEK 19	15A	15B	15A	15B	15A	15B	
WEEK 20	15C	15D		15B	15D		

PHASE 16

TEST WEEK 21		T16-1			T16-2		
WEEK 22	16A	16B+C		16A	16B+D		
WEEK 23	16A	16B+C	16A	16B+C	16A		
WEEK 24	16B	16C	16A	16B		16D	
WEEK 25	16B	16C	16A	16B	16A	16D	

PHASE 17

TEST WEEK 26			T17-1				
WEEK 27	17C	17B+A	17C	17A	17C	17B+A	
WEEK 28	17C	17B+A	17C	17A	17C	17B+A	
WEEK 29	17C	17B+A	17C	17B+A	17C	17B+A	
WEEK 30	17C	17B+A	17C	17B+A	17C	17B+A	

PHASE 18

TEST WEEK 31		T18-1			T18-2		
WEEK 32	18C	18A	18B	18C	18A	18B	
WEEK 33	18C	18A	18B	18C	18A	18B	
WEEK 34	18C	18A	18B	18C	18A	18B	
WEEK 35	18C	18A	18B	18C	18A	18B	

TEST WEEK - REST DAY

TEST WEEK - TEST DAY

WORKOUT WEEK - REST DAY

WORKOUT WEEK - WORKOUT DAY