

Two Week Training Plan - Option A

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Reading #1 WL #1	Reading #2 WL #2	Reading #3 WL #3	Reading #4 WL #4	Reading #5 WL #5	
2	Math #1 - A Math #1 - B	Math #2 - A Math #2 - B	Math #3 - A Math #3 - B	Math #4 - A Math #4 - B	Math #5 - A Math #5 - B	

Two Week Training Plan - Option B

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Reading #1 Math #1 - A	Reading #2 Math #1 - B	Reading #3 Math #2 - A	Reading #4 Math #2 - B	Reading #5 Math #3 - A	
2	WL #1 Math #3 - B	WL #2 Math #4 - A	WL #3 Math #4 - B	WL #4 Math #5 - A	WL #5 Math #5 - B	

Four Week Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Reading #1	Reading #2	Reading #3	Reading #4	Reading #5	
2	WL #1	WL #2	WL #3	WL #4	WL #5	
3	Math #1 - A	Math #1 - B	Math #2 - A	Math #2 - B	Math #3 - A	
4	Math #3 - B	Math #4 - A	Math #4 - B	Math #5 - A	Math #5 - B	

Five Week Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Reading #1	WL #1		Math #1 - A		Math #1 - B
2	Reading #2	WL #2		Math #2 - A		Math #2 - B
3	Reading #3	WL #3		Math #3 - A		Math #3 - B
4	Reading #4	WL #4		Math #4 - A		Math #4 - B
5	Reading #5	WL #5		Math #5 - A		Math #5 - B

Ten Week Training Plan - Option A

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		Reading #1		WL #1		
2		Reading #2		WL #2		
3		Reading #3		WL #3		
4		Reading #4		WL #4		
5		Reading #5		WL #5		
6		Math #1 - A		Math #1 - B		
7		Math #2 - A		Math #2 - B		
8		Math #3 - A		Math #3 - B		
9		Math #4 - A		Math #4 - B		
10		Math #5 - A		Math #5 - B		

Ten Week Training Plan - Option B

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		Reading #1		Math #1 - A		
2		Reading #2		Math #1 - B		
3		Reading #3		Math #2 - A		
4		Reading #4		Math #2 - B		
5		Reading #5		Math #3 - A		
6		WL #1		Math #3 - B		
7		WL #2		Math #4 - A		
8		WL #3		Math #4 - B		
9		WL #4		Math #5 - A		
10		WL #5		Math #5 - B		