Two Week Training Plan

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Reading \#1 | Reading \#2 | Reading \#3 | Reading \#4 | Reading \#5 | Math \#1 |
|  | English \#1 | English \#2 | English \#3 | English \#4 | English \#5 |  |
| 2 | Math \#2 | Math \#3 | Math \#4 | Math \#5 | Math \#6 | Now What |
|  | Science \#1 | Science \#2 | Science \#3 | Science \#4 | Science \#5 | Test Schedule |


| Four Week Training Plan |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 |  | Reading \#1 English \#1 |  | Reading \#2 <br> English \#2 |  | Reading \#3 <br> English \#3 |
| 2 |  | Reading \#4 <br> English \#4 |  | Reading \#5 English \#5 |  | Math \#1 |
| 3 |  | Math \#2 <br> Science \#1 |  | Math \#3 Science \#2 |  | Math \#4 <br> Science \#3 |
| 4 |  | Math \#5 <br> Science \#4 |  | Math \#6 Science \#5 |  | Now What Test Schedule |

Eight Week Training Plan

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 |  | Reading \#1 |  | English \#1 |  | Math \#1 |
| 2 |  | Reading \#2 |  | English \#2 |  | Math \#2 |
| 3 |  | Reading \#3 |  | English \#3 |  | Math \#3 |
| 4 |  | Reading \#4 |  | English \#4 |  | Math \#4 |
| 5 |  | Reading \#5 |  | English \#5 |  | Math \#5 |
| 6 |  | Science \#1 |  | Science \#2 |  | Math \#6 |
| 7 |  | Science \#3 |  | Science \#4 |  | Science \#5 |
| 8 |  | Now What |  | Test Schedule |  |  |

Eleven Week Training Plan

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 |  | Reading \#1 |  | English \#1 |  |  |
| 2 |  | Reading \#2 |  | English \#2 |  |  |
| 3 |  | Reading \#3 |  | English \#3 |  |  |
| 4 |  | Reading \#4 |  | English \#4 |  |  |
| 5 |  | Reading \#5 |  | English \#5 |  |  |
| 7 |  | Math \#1 |  | Science \#1 |  |  |
| 8 |  | Math \#2 \#3 |  | Science \#2 |  |  |
| 9 |  | Math \#4 |  | Science \#3 |  |  |
| 10 |  | Math \#5 |  | Science \#4 |  |  |
| 11 |  |  |  | Science \#5 |  |  |

