

PREP PHASE

TEST - WEEK 1

PP-1		PP-2		PP-3		
CAPI-A			CAPI-B			
CAPI-A		CAPI-B		CAPI-A		
CIRC-A		CIRC-B		CIRC-A		
CIRC-A	CAPI-A		CIRC-B	CAPI-B		

 TEST WEEK - REST DAY

 TEST WEEK - TEST DAY

 WORKOUT WEEK - REST DAY

 WORKOUT WEEK - WORKOUT DAY

PHASE 1

TEST WEEK 6

	T1-1		T1-2			
WEEK 7	1A		1B		1A	
WEEK 8	1A		1B		1A	
WEEK 9	1A		1B		1A	
WEEK 10	1A		1B		1A	

PHASE 3

TEST WEEK 18

T3-1		T3-2		T3-3		
3A		3B		3C		
3A		3B		3C		
3A		3B		3C		
3A		3B		3C		

PHASE 2

TEST WEEK 11

	T2-1		T2-2			
WEEK 12	2A		2B		2A	
WEEK 13	2B		2A		2B	
WEEK 14	2A		2B		2A	
WEEK 15	2B		2A		2B	
WEEK 16	2A		2B		2A	
WEEK 17	2B		2A		2B	

PHASE 4

TEST WEEK 23

	T4-1		T4-2			
WEEK 24	4A		4B		4A	4B
WEEK 25		4A		4B		4A
WEEK 26	4A		4B		4A	4B
WEEK 27		4A		4B		4A
WEEK 28	4A		4B		4A	4B
WEEK 29		4A		4B		4A