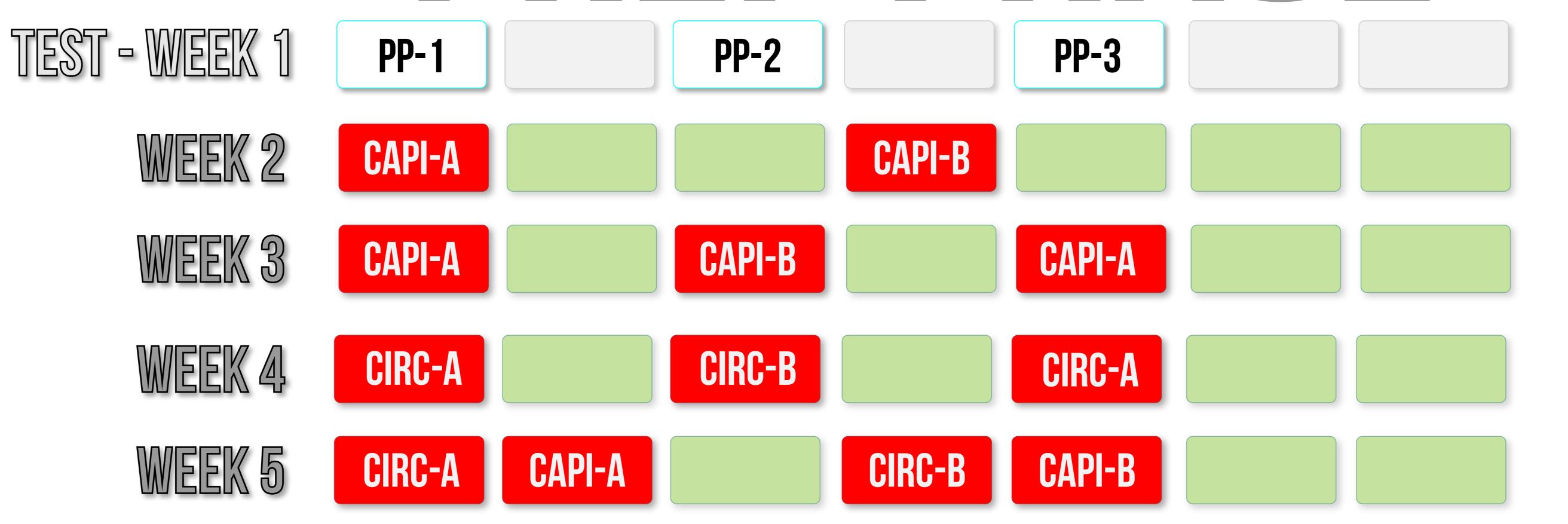
# PREP PHASE



# WORKOUT WEEK - REST DAY

TEST WEEK - REST DAY

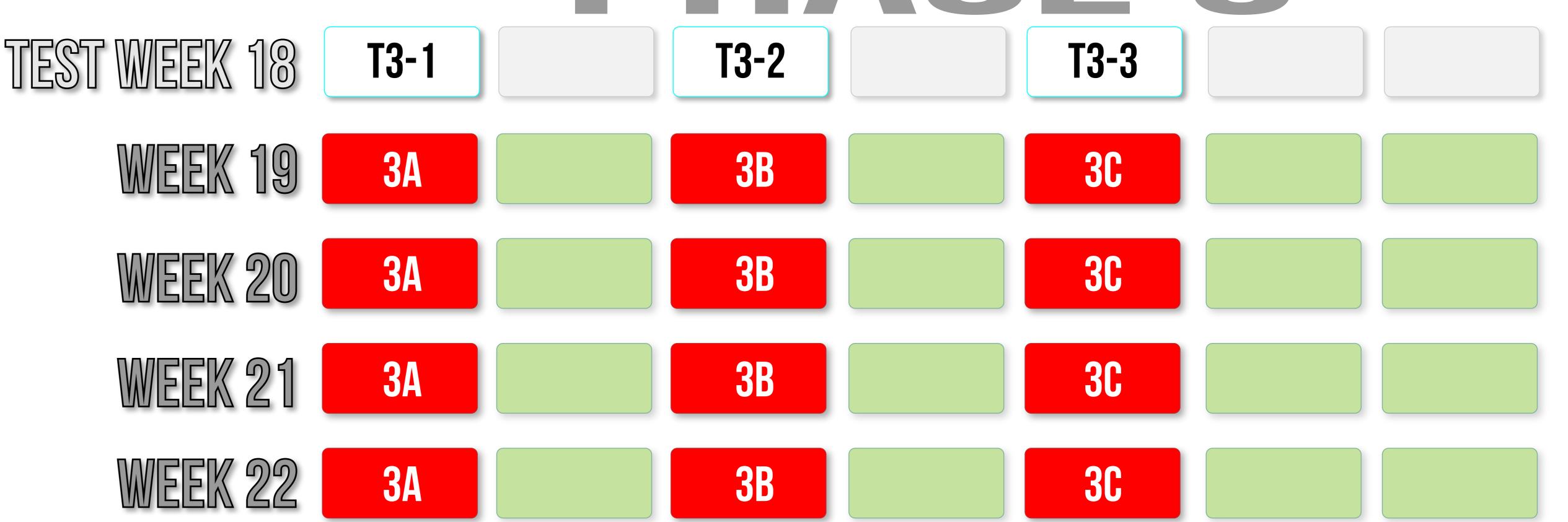
TEST WEEK - TEST DAY

WORKOUT WEEK - WORKOUT DAY

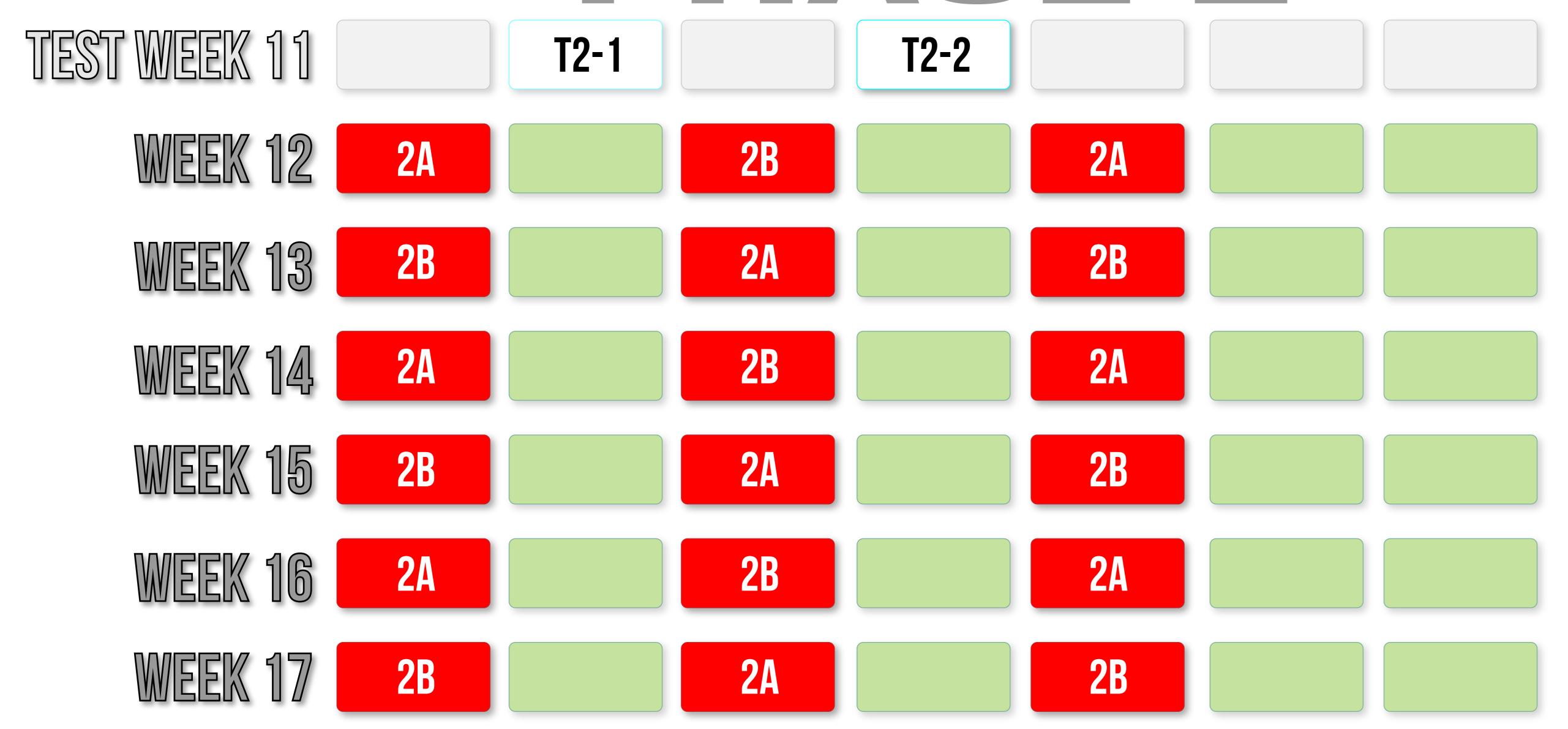
### PHASE 1



# PHASE 3



#### PHASE 2



### PHASE 4

