

PREP PHASE 2

TEST - WEEK 1	TPP-1		TPP-2		TPP-3		
WEEK 2	CAPI-C	green		CAPI-D	green		
WEEK 3	CAPI-C	green	CAPI-D	green	LACT-A	green	
WEEK 4	CIRC-C	CAPI-C	green	CIRC-D	LACT-B	green	green
WEEK 5	CIRC-C	CAPI-C	green	CIRC-D	CAPI-B	green	LACT-A

PHASE 8

TEST WEEK 21	T8-1		T8-2		T8-3		T8-4	
WEEK 22	8A	8B	8C	8D	8E	8F		green
WEEK 23	8A	8B	8C	8D	8E	8F		green
WEEK 24	8A	8B	8C	8D	8E	8F		green
WEEK 25	8A	8B	8C	8D	8E	8F		green

TEST WEEK - REST DAY

TEST WEEK - TEST DAY

WORKOUT WEEK - REST DAY

WORKOUT WEEK - WORKOUT DAY

PHASE 5

TEST WEEK 6		T5-1		T5-2		T5-3	
WEEK 7	5A	green	5B	green	5C	green	green
WEEK 8	5A	green	5B	green	5C	green	green
WEEK 9	5A	green	5B	green	5C	green	green
WEEK 10	5A	green	5B	green	5C	green	green

PHASE 9

TEST WEEK 26		T9-1		T9-2			
WEEK 27	9A	green	9B	green	9A	green	9B
WEEK 28	9A	green	9B	green	9A	green	
WEEK 29	9A	green	9B	green	9A	green	9B
WEEK 30	9A	green	9B	green	9A	green	

PHASE 6

TEST WEEK 11	T6-1		T6-2	T6-3		T6-4	
WEEK 12	6A	green	6B	green	6A	green	green
WEEK 13	6B	green	6A	green	6B	green	green
WEEK 14	6A	green	6B	green	6A	green	green
WEEK 15	6B	green	6A	green	6B	green	green

PHASE 10

TEST WEEK 31		T10-1		T10-2	T10-3		T10-4	
WEEK 32	10A	10B	10C	10D	10E	10F		green
WEEK 33	10A	10B	10C	10D	10E	10F		green
WEEK 34	10A	10B	10C	10D	10E	10F		green
WEEK 35	10A	10B	10C	10D	10E	10F		green

PHASE 7

TEST WEEK 16	T7-1		T7-2	T7-3		T7-4	
WEEK 17	7A	7B	green	7C	7D	7E	green
WEEK 18	7A	7B	green	7C	7D	7E	green
WEEK 19	7A	7B	green	7C	7D	7E	green
WEEK 20	7A	7B	green	7C	7D	7E	green

PHASE 11

TEST WEEK 36		T11-1		T11-2	T11-3		T11-4	T11-5	
WEEK 37	11A	11B	green	11C	11D		green		
WEEK 38	11A	11B	green	11C	11D		green		
WEEK 39	11A	11B	green	11C	11D		green		
WEEK 40	11A	11B	green	11C	11D		green		