

		WEDNESDAY NIGHT											
		Warm-up	Plyo	Core	Circuit			INT				Cool Down	
	Total		Total	Total	Stations	Seconds	Total Cir.	Reps	INT time	Rest	Total INT		
27-Jul	55	10	10	8	15	30	8	5	1.5	3	19.5		
3-Aug	55	10	10	8	15	30	8	5	1.5	3	19.5	10	
10-Aug	76	10	12	8	20	30	10	3	5	3	21	15	
17-Aug	84	10	15	8	22	40	15	4	3	3	21	15	
24-Aug	87	10	15	8	22	40	15	4	3	4	24	15	
31-Aug	96	10	15	8	22	40	15	5	3.5	4	33.5	15	
7-Sep	105	15	15	10	22	45	17	5	3.5	4	33.5	15	
14-Sep	113	15	15	10	22	45	17	6	3.5	4	41	15	
		WEDNESDAY NIGHT						TUESDAY NIGHT					Total
21-Sep	70	15	15	10	40	45	30	4	4.5	5	33	15	63
28-Sep	73	15	15	10	40	50	33	5	4.5	5	42.5	15	72.5
5-Oct	73	15	15	10	40	50	33	5	4.5	5	42.5	15	72.5
12-Oct	73	15	15	10	40	50	33	4	5	6	38	15	68
19-Oct	73	15	15	10	40	50	33	4	5	6	38	15	68
26-Oct	80	15	15	10	40	60	40	5	5	6	49	15	79
2-Nov	80	15	15	10	40	60	40	5	5.5	6	51.5	15	81.5
9-Nov	80	15	15	10	40	60	40	4*4	0.5	0.5			
16-Nov	80	15	15	10	40	60	40	4*	(.5,1,1.5,2)	20			