|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Week 1 | 10 | 10 | 10 | 10 | 10 | 10 | Rest |
| Week 2 | 12 | 12 | Rest | 15 | 15 | 15 | Rest |
| Week 3 | 15 | 15 | Rest | 2x10 | 2x10 | 2x10 | Rest |
| Week 4 | 2x10 | 2x10 | Rest | 3x10 | 3x10 | 3x10 | Rest |
| Week 5 | 3x10 | 3x10 | Rest | 4x10 | 4x10 | 4x10 | Rest |
| Week 6 | 4x10 | 4x10 | Rest | 5x10 | 5x10 | 5x10 | Rest |
| Week 7 | 5x10 | 5x10 | Rest | 6x10 | 6x10 | 6x10 | Rest |
| Week 8 | 6x10 | 6x10 | Rest | 7x10 | 7x10 | 7x10 | Rest |
| Week 9 | 2setsx20 | 2setsx20 | Rest | 7x10 | 7x10 | 7x10 | Rest |
| Week 10 | 2setsx20 | 2setsx20 | Rest | 8x10 | 8x10 | 8x10 | Rest |
| Week 11 | 3setsx20 | 3setsx20 | Rest | 8x10 | 8x10 | 8x10 | Rest |
| Week 12 | 3setsx20 | 3setsx20 | Rest | 8x10 | 8x10 | 8x10 | Rest |
| Week 13 | 4setsx20 | 4setsx20 | Rest | 9x10 | 9x10 | 9x10 | Rest |
| Week 14 | 4setsx20 | 4setsx20 | Rest | 9x10 | 9x10 | 9x10 | Rest |
| Week 15 | 5setsx20 | 5setsx20 |  |  |  |  |  |