Training Calendar

Months	May				June			
Week	**7**	**14**	**21**	**28**	**4**	**11**	**18**	**25**
Event Schedule		*Spring Selection*						*National Championships*
Match Training	**80%**	**90%**	**off**	**20%**	**40%**	**60%**	**80%**	**90%**
Stage Training	**20%**	**10%**	**off**	**80%**	**60%**	**40%**	**20%**	**10%**
Workouts	**20%**	**20%**	**100%**	**80%**	**80%**	**50%**	**30%**	**20%**
Physic								
Vision								
Daily Training Rating (1-10)								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Overall Rating for the Week								