

## 6 Week Practice Schedule

15 min/day : 6 days/week

<b>Day 1</b>	15 min	L.1	<b>Day 8</b>	15 min	L.3	<b>Day 15</b>	15 min	L.4	<b>Day 22</b>	15 min	L.6	<b>Day 29</b>	15 min	L.7	<b>Day 36</b>	15 min	L.9
<b>Day 2</b>	15 min		<b>Day 9</b>	15 min		<b>Day 16</b>	15 min		<b>Day 23</b>	15 min		<b>Day 30</b>	15 min		<b>Day 37</b>	15 min	
<b>Day 3</b>	15 min		<b>Day 10</b>	15 min		<b>Day 17</b>	15 min		<b>Day 24</b>	15 min		<b>Day 31</b>	15 min		<b>Day 38</b>	15 min	
<b>Day 4</b>	15 min	L.2	<b>Day 11</b>	15 min		<b>Day 18</b>	15 min	L.5	<b>Day 25</b>	15 min		<b>Day 32</b>	15 min	L.8	<b>Day 39</b>	15 min	L.10
<b>Day 5</b>	15 min		<b>Day 12</b>	15 min		<b>Day 19</b>	15 min		<b>Day 26</b>	15 min		<b>Day 33</b>	15 min		<b>Day 40</b>	15 min	
<b>Day 6</b>	15 min		<b>Day 13</b>	15 min		<b>Day 20</b>	15 min		<b>Day 27</b>	15 min		<b>Day 34</b>	15 min		<b>Day 41</b>	15 min	
<b>Day 7</b>	0		<b>Day 14</b>	0		<b>Day 21</b>	0		<b>Day 28</b>	0		<b>Day 35</b>	0		<b>Day 42</b>	0	

## 6 Week Practice Schedule

30 min/day : 3 days/week

Day 1	30 min	L.1	Day 8	30 min	L.3	Day 15	30 min	L.4	Day 22	30 min	L.6	Day 29	30 min	L.7	Day 36	30 min	L.9
Day 2	0		Day 9	0		Day 16	0		Day 23	0		Day 30	0		Day 37	0	
Day 3	30 min	L.2	Day 10	30 min		Day 17	30 min	L.5	Day 24	30 min		Day 31	30 min	L.8	Day 38	30 min	
Day 4	0		Day 11	0		Day 18	0		Day 25	0		Day 32	0		Day 39	0	
Day 5	30 min		Day 12	30 min		Day 19	30 min		Day 26	30 min		Day 33	30 min		Day 40	30 min	L.10
Day 6	0		Day 13	0		Day 20	0		Day 27	0		Day 34	0		Day 41	0	
Day 7	0		Day 14	0		Day 21	0		Day 28	0		Day 35	0		Day 42	0	

# 6 Week Practice Schedule

Custom

Day 1			Day 8			Day 15			Day 22			Day 29			Day 36		
Day 2			Day 9			Day 16			Day 23			Day 30			Day 37		
Day 3			Day 10			Day 17			Day 24			Day 31			Day 38		
Day 4			Day 11			Day 18			Day 25			Day 32			Day 39		
Day 5			Day 12			Day 19			Day 26			Day 33			Day 40		
Day 6			Day 13			Day 20			Day 27			Day 34			Day 41		
Day 7			Day 14			Day 21			Day 28			Day 35			Day 42		