Monthly training calendar

| WEEK | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | | |
| 1 | | | | | | | |
| | | | | | | | |
| | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | | | | | | | |
| 2 | | | | | | | |
| | | | | | | | |
| | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | | | | | | | |
| 3 | | | | | | | |
| | | | | | | | |
| | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 4 | | | | | | | |
| 4 | | | | | | | |
| | 20 | 20 | 31 | | | | |
| | 29 | 30 | 10 | | | | |
| 5 | | | | | | | |
| | | | | | | | |
| | | | | | | | |



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