## Weekly training calendar



|       | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--------|---------|-----------|----------|--------|----------|--------|
| AM    |        |         |           |          |        |          |        |
| LUNCH |        |         |           |          |        |          |        |
| Σd    |        |         |           |          |        |          |        |

