

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Day 1			Day 2			
<b>Week 2</b>	Day 1			Day 2			
<b>Week 3</b>	Day 1		Day 2		Day 1 (1 <sup>st</sup> circuit only)		
<b>Week 4</b>	Day 2		Day 1		Day 2 (1 <sup>st</sup> and second circuits only)		
<b>Week 5</b>	Day 1		Day 2		Day 1		
<b>Week 6</b>	Day 2	Day 1 (1 <sup>st</sup> circuit only)		Day 2 (1 <sup>st</sup> circuit only)	Day 1		
<b>Week 7</b>	Day 1	Day 2 (1 <sup>st</sup> and 2 <sup>nd</sup> circuits only)		Day 1 (1 <sup>st</sup> and 2 <sup>nd</sup> circuits only)	Day 2		
<b>Week 8</b>	Day 1	Day 2		Day 1	Day 2		
<b>Week 9 (de-loading)</b>	Day 1 (half of all circuits)	Day 2 (half of all circuits)		Day 1 (half of all circuits)	Day 2 (half of all circuits)		
<b>Week 10</b>	Day 1	Day 2		Day 1	Day 2		
<b>Week 11</b>	Day 1	Day 2		Day 1	Day 2		
<b>Week 12</b>	Day 1	Day 2		Day 1	Day 2		
<b>Week 13</b>	Day 1	Day 2		Day 1	Day 2		
<b>Week 14 (de-loading)</b>	Day 1 (half of all circuits)	Day 2 (half of all circuits)		Day 1 (half of all circuits)	Day 2 (half of all circuits)		