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| --- | --- | --- | --- |
|  |  |  | **week 1** |
|  |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| **12** | **12** | **12** | **Off** | **Off** | **Off** | **Off** |

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| --- | --- | --- | --- |
| **week 2** |  |  |  |
|  |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| **12** | **12** | **12** | **Off** | **Off** | **Off** | **Off** |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  | **week 1** |
|  |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| **12** | **12** | **12** | **Off** | **Off** | **Off** | **Off** |

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| --- | --- | --- | --- |
| **week 2** |  |  |  |
|  |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| **12** | **12** | **12** | **Off** | **Off** | **Off** | **Off** |