

Week 1						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
08:00 -16:30	08:00 -16:30	08:00 -16:30	08:00 -16:30	08:00 -16:30	Rest Day	Rest Day
8	8	8	8	8		
Week 2						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
08:00 -16:30	08:00 -16:30	08:00 -16:30	08:00 -16:30	08:00 -16:30	Rest Day	Rest Day
8	8	8	8	8		
Week 3						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
08:00 -16:30	08:00 -16:30	Rest Day	Rest Day	08:00 -16:30	07:00:16:00	07:00:16:00
8	8			8	8.5	8.5
Week 4						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Rest Day	Rest Day	08:00 -16:30	08:00 -16:30	08:00 -16:30	Rest Day	Rest Day
		8	8	8		
Week 5						
Mon	Tues	Weds	Thurs	Fri	Sat	Sun
08:00 -16:30	08:00 -16:30	08:00 -16:30	08:00 -16:30	08:00 -16:30	Rest Day	Rest Day
8	8	8	8	8		