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| **Тренировка 1** | **1 НЕДЕЛЯ** | **2 НЕДЕЛЯ** | **3 НЕДЕЛЯ** | **4 НЕДЕЛЯ** | **5 НЕДЕЛЯ** | **6 НЕДЕЛЯ** | **7 НЕДЕЛЯ** | **8 НЕДЕЛЯ** | **9 НЕДЕЛЯ** | **10 НЕДЕЛЯ** | **11 НЕДЕЛЯ** |
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| **Тренировка 2** |  |
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| **Тренировка 3** |  |
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