Weekly Time Blocking Schedule

FRIDAY
5
6
7
36-100 miles
8
9
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1
- Intermeditional communication
12
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12

5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9	
7 8 9 10 11 12 1 2 3 4 5 6 7 8 9	
8 9 10 11 12 1 2 3 4 5 6 7 8 9	6
9 10 11 12 1 2 3 4 5 6 7 8 9	7
9 10 11 12 1 2 3 4 5 6 7 8 9	 8
10 11 12 1 2 3 4 5 6 7 8 9 10	
12 1 2 3 4 5 6 7 8 9	
12 1 2 3 4 5 6 7 8 9	
1 2 3 4 5 6 7 8 9	
2 3 4 5 6 7 8 9	
3 4 5 6 7 8 9	
4 5 6 7 8 9 10	
5 6 7 8 9	
6 7 8 9 10	
7 8 9 10	
8 9 10 1	
9 10 1	
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12	 12

	SUNDAY
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11	
12	

NOTES

GOALS FOR THE WEEK: