



START D-Blade only

Week 1	4x1 D-Blade (every day)
Week 2	3x1 D-Blade (every day)
Day 8	1x1 T-Blade
Day 9	1x1 T-Blade
Day 10	2x1 T-Blade
Day 11	2x1 T-Blade
Day 12	3x1 T-Blade
Day 13	3x1 T-Blade
Day 14	4x1 T-Blade
Week 3	2x1 D-Blade (every day)
Day 15	4x1 T-Blade
Day 16	5x1 T-Blade
Day 17	5x1 T-Blade
Day 18	6x1 T-Blade
Day 19	6x1 T-Blade
Week 4	1x1 D-Blade every day (end week 4 D-Blade OFF)
Day 20 -Day 36	6x1 T-Blade (every day)
Day 37	5x1 T-Blade
Day 38	5x1 T-Blade
Day 39	4x1 T-Blade
Day 40	4x1 T-Blade
Day 41	3x1 T-Blade
Day 42	3x1 T-Blade
Day 43	2x1 T-Blade
Day 44	2x1 T-Blade
Day 45	1x1 T-Blade
Day 46	1x1 T-Blade