

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 20 sec	2 20 sec	3 30 sec	4 30 sec	5 30 sec	6 REST
7 45 sec	8 45 sec	9 1 min	10 1 min	11 1 min	12 1.5 min	13 REST
14 1.5 min	15 2 min	16 2 min	17 2 min	18 2.5 min	19 2.5 min	20 REST
21 3 min	22 3 min	23 3 min	24 3.5 min	25 3.5 min	26 4 min	27 REST
28 4 min	29 5 min	30 5 min				