

# Training Plan

Name: Suzu Dancer

Date: July 2013

Training Plan Time Frame: 12 weeks

**Specific Goals:**

- To maintain L2 technique.
- To begin working on L3 technique.
- To begin working on L3 choreographies.

**Notes:**

- Growth/Developing activities highlighted in grey or \*leading asterisk.
- Drills/classes follow Mothership rotation

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	7-7:15pm Review training plan for upcoming week	8am Twitter virtual drill 7-8:30pm Online L2 Class 8:30-8:45pm Run all L2 & L3 choreos	8am Twitter virtual drill 12:10-12:40pm Drill Break with warm-up and added layering 12:40-12:50pm Vibrations	8am Twitter virtual drill 6:45-8:45pm Online L2.5 Class 8:45-9pm Run all L2 & L3 choreos	8am Twitter virtual drill 6-7pm Ballet class 7-7:45pm L3FCDS 7:45-8pm Vibrations	8am Twitter virtual drill 12:10-12:40pm Drill Break with warm-up and added layering 12:40-12:50pm Vibrations	9-10am Online Class FF 10-10:45am Maddah 10:45-11am Vibrations
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