

**Scaled & RX Competitors Program**

<b>Athlete Type--&gt;</b>	<b>Lv 3</b>	<b>Lv 3</b>	<b>Lv 3</b>	<b>Lv 3 or 2</b>	<b>Lv 3 or 2</b>	<b>Lv 1</b>	<b>Lv 1</b>
<b>Day of Week</b>	<b>Option 1</b>	<b>Option 2</b>	<b>Option 3</b>	<b>Option 4</b>	<b>Option 5</b>	<b>Option 6</b>	<b>Option 7</b>
Monday	<b>Meta Max + Other</b>	<b>Meta Max</b>	<b>Meta Max + Other</b>	<b>Meta Max + Other</b>	<b>Meta Max</b>	<b>Meta Max</b>	<b>Meta Max</b>
Tuesday	Other	Other	Other	Other	Other	REST	REST
Wednesday	<b>Meta Max</b>	<b>Meta Max</b>	REST	REST	REST	Other	Other
Thursday	REST	REST	<b>Meta Max + Other</b>	<b>Meta Max</b>	<b>Meta Max</b>	<b>Meta Max</b>	REST
Friday	Other	Other	Other	Other	Other	REST	<b>Meta Max</b>
Saturday	<b>Meta Max + Other</b>	<b>Meta Max</b>	REST	REST	REST	<b>Meta Max</b>	REST
Sunday	Other	Other	<b>Meta Max</b>	<b>Meta Max</b>	<b>Meta Max</b>	Other	<b>Meta Max</b>
<b># of Rest Days</b>	1	1	2	2	2	2	3
<b># of 2 a Days</b>	2	0	2	1	0	0	0

**Elite Competitors Program**

<b>Athlete Type--&gt;</b>	<b>Lv 3</b>	<b>Lv 3</b>	<b>Lv 3</b>	<b>Lv 3 or 2</b>	<b>Lv 3 or 2</b>
<b>Day of Week</b>	<b>Option 1</b>	<b>Option 2</b>	<b>Option 3</b>	<b>Option 4</b>	<b>Option 5</b>
Monday	<b>Day 1</b>	<b>Day 1</b>	<b>Day 1</b>	<b>Day 1</b>	<b>Day 1</b>
Tuesday	<b>Day 2 + Accessory</b>	<b>Day 2 + Accessory</b>	<b>Day 2 + Accessory</b>	<b>Day 2</b>	<b>Day 2</b>
Wednesday	<b>Day 3</b>	<b>Day 3</b>	REST	REST	<b>Day 3</b>
Thursday	REST	REST	<b>Day 3</b>	<b>Day 3</b>	REST
Friday	<b>Day 4</b>	<b>Day 4 + Accessory</b>	<b>Day 4</b>	<b>Day 4</b>	<b>Day 4</b>
Saturday	<b>Day 5 + Accessory</b>	<b>Day 5</b>	REST	REST	<b>Day 5</b>
Sunday	Accessory	REST	<b>Day 5</b>	<b>Day 5</b>	REST
<b># of Rest Days</b>	1	2	2	2	2
<b># of 2 a Days</b>	2	2	1	0	0