

HEROIC I		MON	TUE	WED	THU	FRI	SAT	TOTAL	AVG	%	
		10%	15%	22%	15%	13%	25%	100%	MIN		
I	1	18	27	40	27	23	45	180	30	5.0%	29.5%
	2	22	32	48	32	28	54	216	36	6.0%	
	3	25	38	55	38	33	63	252	42	7.0%	
	4	20	30	44	30	26	50	198	33	5.5%	
	5	22	32	48	32	28	54	216	36	6.0%	
		11%	16%	21%	15%	13%	24%	100%			
II	6	26	37	49	35	30	56	234	39	6.5%	39.5%
	7	30	43	57	41	35	65	270	45	7.5%	
	8	32	46	60	43	37	69	288	48	8.0%	
	9	34	49	64	46	40	73	306	51	8.5%	
	10	36	52	68	49	42	78	324	54	9.0%	
		12%	16%	20%	16%	13%	23%	100%			
III	11	35	46	58	46	37	66	288	48	8.0%	31.0%
	12	30	40	50	40	33	58	252	42	7.0%	
	13	26	35	43	35	28	50	216	36	6.0%	
	14	22	29	36	29	23	41	180	30	5.0%	
	15	22	29	36	29	23	41	180	30	5.0%	
		M, W, F (Core + Stretch)			T, TH (Strides + Lunges + Stretch)			3600	40	100.0%	100%
								240			