

HEROIC II		MON	TUE	WED	THU	FRI	SAT	TOTAL	AVG	%	
		10%	15%	22%	15%	13%	25%	100%	MIN		
I	1	20	30	44	30	26	50	198	33	5.0%	29.5%
	2	24	36	52	36	31	59	238	40	6.0%	
	3	28	42	61	42	36	69	277	46	7.0%	
	4	22	33	48	33	28	54	218	36	5.5%	
	5	24	36	52	36	31	59	238	40	6.0%	
		11%	16%	21%	15%	13%	24%	100%			
II	6	28	41	54	39	33	62	257	43	6.5%	39.5%
	7	33	48	62	45	39	71	297	50	7.5%	
	8	35	51	67	48	41	76	317	53	8.0%	
	9	37	54	71	50	44	81	337	56	8.5%	
	10	39	57	75	53	46	86	356	59	9.0%	
		12%	16%	20%	16%	13%	23%	100%			
III	11	38	51	63	51	41	73	317	53	8.0%	31.0%
	12	33	44	55	44	36	64	277	46	7.0%	
	13	29	38	48	38	31	55	238	40	6.0%	
	14	24	32	40	32	26	46	198	33	5.0%	
	15	24	32	40	32	26	46	198	33	5.0%	
		M, W, F (Core + Stretch)			T, TH (Strides + Lunges + Stretch)			3960	44	100.0%	100%
								264			