

HEROIC III		MON	TUE	WED	THU	FRI	SAT	TOTAL	AVG	%	
		10%	15%	22%	15%	13%	25%	100%	MIN		
I	1	22	32	48	32	28	54	216	36	5.0%	29.5%
	2	26	39	57	39	34	65	259	43	6.0%	
	3	30	45	67	45	39	76	302	50	7.0%	
	4	24	36	52	36	31	59	238	40	5.5%	
	5	26	39	57	39	34	65	259	43	6.0%	
		11%	16%	21%	15%	13%	24%	100%			
II	6	31	45	59	42	37	67	281	47	6.5%	39.5%
	7	36	52	68	49	42	78	324	54	7.5%	
	8	38	55	73	52	45	83	346	58	8.0%	
	9	40	59	77	55	48	88	367	61	8.5%	
	10	43	62	82	58	51	93	389	65	9.0%	
		12%	16%	20%	16%	13%	23%	100%			
III	11	41	55	69	55	45	79	346	58	8.0%	31.0%
	12	36	48	60	48	39	70	302	50	7.0%	
	13	31	41	52	41	34	60	259	43	6.0%	
	14	26	35	43	35	28	50	216	36	5.0%	
	15	26	35	43	35	28	50	216	36	5.0%	
		M, W, F (Core + Stretch)			T, TH (Strides + Lunges + Stretch)			4320	48	100.0%	100%
								288			