

Tydz.	Daty	Faza	kcal	Protein	Gym	SIT	Status	Inbody
1	20-26.07	Test	1750-1850	125-130g	4x	2x	✓	yes #1
2	27.07-02.08	Test	1750-1850	125-130g	4x	2x	✓	
3	03-09.08	Test	1750-1850	125-130g	4x	2x	✓	
4	10-16.08	Test	1750-1850	125-130g	4x	2x	✓	
5	17-23.08	Test	1750-1850	125-130g	4x	2x	✓	
6	24-30.08	Test	1750-1850	125-130g	4x	2x	started	if free#2
7	31.08-06.09	Break	~2000	125-130g	4x	1x		
8	07-13.09	Maint.	~1950-2100	125-130g	4x	1x		
9	14-20.09	BUILD I	2050-2100	125-130g	5x	1x		yes, #2
10	21-27.09	BUILD I	2050-2100	125-130g	5x	1x		
11	28.09-04.10	BUILD I	2050-2100	125-130g	5x	1x		
12	05-11.10	BUILD I	2050-2100	125-130g	5x	1x		
13	12-18.10	BUILD I	2050-2100	125-130g	5x	1x		
14	19-25.10	BUILD I	2050-2100	125-130g	5x	1x		
15	26.10-01.11	BUILD I	2050-2100	125-130g	5x	1x		
16	02-08.11	BUILD I	2050-2100	125-130g	5x	1x		
17	09-15.11	BUILD I	2050-2100	125-130g	5x	1x		
18	16-22.11	BUILD I	2050-2100	125-130g	5x	1x		
19	23-29.11	BUILD I	2050-2100	125-130g	5x	1x		
20	30.11-06.12	Maint.	~1950-2100	125-130g	4x	1x		
21	07-13.12	Maint.	~1950-2100	125-130g	4x	1x		
22	14-20.12	Mini-cut	1850-1900	125-130g	4x	1-2x		#3
23	21-27.12	Mini-cut	1750-1850	125-130g	4x	1-2x		
24	28.12-03.01	Mini-cut	1750-1850	125-130g	4x	1-2x		
25	04-10.01	Mini-cut	1750-1850	125-130g	4x	1-2x		
26	11-17.01	Mini-cut	1750-1850	125-130g	4x	1-2x		
27	18-24.01	Mini-cut	1750-1850	125-130g	4x	1-2x		
28	25-31.01	Mini-cut	1750-1850	125-130g	4x	1x		
29	01-07.02	Maint.	~2000	125-130g	4x	1x		
30	08-14.02	Maint.	~1950-2100	125-130g	4x	1x		
31	15-21.02	BUILD II	2050-2100	125-130g	5x	1x		#4
32	22-28.02	BUILD II	2050-2100	125-130g	5x	1x		
33	01-07.03	BUILD II	2050-2100	125-130g	5x	1x		
34	08-14.03	BUILD II	2050-2100	125-130g	5x	1x		
35	15-21.03	BUILD II	2050-2100	125-130g	5x	1x		
36	22-28.03	BUILD II	2050-2100	125-130g	5x	1x		
37	29.03-04.04	BUILD II	2050-2100	125-130g	5x	1x		
38	05-11.04	BUILD II	2050-2100	125-130g	5x	1x		
39	12-18.04	Maint.	~1950-2100	125-130g	4x	1x		
40	19-25.04	Maint.	~1950-2100	125-130g	4x	1x		
41	26.04-02.05	Mini-cut	1750-1850	125-130g	4x	1-2x		#5
42	03-09.05	Mini-cut	1750-1850	125-130g	4x	1-2x		
43	10-16.05	Mini-cut	1750-1850	125-130g	4x	1-2x		
44	17-23.05	Mini-cut	1750-1850	125-130g	4x	1-2x		
45	24-30.05	Maint.	~1950-2100	125-130g	4x	1x		
46	31.05-06.06	Maint.	~1950-2100	125-130g	4x	1x		
47	07-13.06	Maint.	~1950-2100	125-130g	4x	1x		
48	14-20.06	Maint.	~1950-2100	125-130g	4x	1x		
49	21-27.06	Maint.	~1950-2100	125-130g	4x	1x		
50	28.06-04.07	Maint.	~1950-2100	125-130g	4x	1x		
51	05-11.07	Maint.	~1950-2100	125-130g	4x	1x		
52	12-18.07	Maint.	~1950-2100	125-130g	4x	1x		
53	19 July							#6 final