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| Monday 17thHe will be waking up at 8am.He will be training all day. | Tuesday 18thHe won’t train train that day, but he will be flying at next day to Open Taekwondo Canada. | Wednesday 19thHis flight laves at 8am.He arrives in Canada at 2pm.He has to rest the rest of the day because tomorrow his day is very busy. | Thursday 20thHe wiil be waking up at 8am.He will be running and jumping rope at 9am.At 12pm is the weigh-in.The rest of the day is free. | Friday 21thHe will be fighting at 10am.If he won s he has toe at and rest until 3 in the afternoon.He wiil be fighting at 4pm. | Saturday 22thHe qualified among the best 4 and fights in the semifinals at 10 am.He won, and he has the day free to rest and eat.He will be figthing the final at 8pm. | Monday 23thHe will be flying at 6amHe arrives USA at 12pm.He will be training very hard these weeks because he has another tournament next month.  |

Ingles Unidad 2

Administración y Estrategias de Negocios

Plannig to week of CJ Nickolas