|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday 17th  He will be waking up at 8am.  He will be training all day. | Tuesday 18th  He won’t train train that day, but he will be flying at next day to Open Taekwondo Canada. | Wednesday 19th  His 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 20th  He 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 21th  He 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 22th  He 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 23th  He will be flying at 6am  He 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