

Week	Competitor Readiness		
	Apparatus session		
	1	2	3
1 to 3	5 skills per apparatus within time limit	2 half routines 5 stuck landings Problem skills	2 full routines per apparatus
4 & 5	3 half routines 5 stuck landings Problem skills	3 full routines per apparatus	2x competition warm ups 2 full routines per apparatus
6	2x competition warm ups 2 full routines per apparatus	2x competition warm ups 2 full routines per apparatus	1 full routine 3 stuck landings Problem skills