



# USQ



**Day 1: Practice and  
WOC**

**Day 2: Rest or Choice**

**Day 3: Chaser WOC**

**Day 4: Rest or Choice**

**Day 5: Beater WOC**

**Day 6: Rest or Choice**

**Day 7: Seeker WOC**

	Day 1: Practice and WOC	Day 2: Rest or Choice	Day 3: Chaser WOC	Day 4: Rest or Choice	Day 5: Beater WOC	Day 6: Rest or Choice	Day 7: Seeker WOC
Date							
Workout Name / Description							
Overall Notes							

