

	Total shots	Total FT's
Week 1	/1000	/150
Week 2	/1000	/150
Week 3	/1000	/150
Week 4	/1000	/150
Week 5	/1000	/150
Week 6	/1000	/150
Week 7	/1000	/150
Week 8	/1000	/150
Week 9	/1000	/150
Week 10	/1000	/150
Total	/10,000	/1500