

Rich Memory Training Schedule for Taiwan Memory Championship

Day 1			Day 2			Day 3		
#	Event	Est. Time (HH:MM)	#	Event	Est. Time (HH:MM)	#	Event	Est. Time (HH:MM)
1	Meditation	0:05	1	Meditation	0:05	1	Meditation	0:05
2	Visualization	0:05	2	Visualization	0:05	2	Visualization	0:05
3	Cards Strengthen	0:05	3	Numbers Strengthen	0:05	3	Binary Strengthen	0:05
4	Cards Memorize	0:30	4	Numbers Memorize	0:30	4	Binary Memorize	0:30
5	Names Strengthen	0:15	5	Images Strengthen	0:15	5	Names Strengthen	0:15
6	Names Memorize	0:30	6	Images Memorize	0:30	6	Names Memorize	0:30
7	Spoken Numbers Strengthen	0:05	7	Dates Memorize	0:20	7	Cards Strengthen	0:05
8	Spoken Numbers Memorize	0:15	8	Locations Strengthen	0:10	8	Journal	0:05
9	Locations Strengthen	0:10	9	Journal	0:05			
10	Journal	0:05						
Total Time:		2:05	Total Time:		2:05	Total Time:		1:40
Day 4			Day 5			Day 6		
#	Event	Est. Time (HH:MM)	#	Event	Est. Time (HH:MM)	#	Event	Est. Time (HH:MM)
1	Meditation	0:05	1	Meditation	0:05	1	Meditation	0:05
2	Visualization	0:05	2	Visualization	0:05	2	Visualization	0:05
3	Cards Strengthen	0:05	3	Names Strengthen	0:15	3	Numbers Strengthen	0:05
4	Cards Memorize	0:30	4	Names Memorize	0:30	4	Numbers Memorize	0:30
5	Spoken Numbers Strengthen	0:05	5	Images Strengthen	0:15	5	Cards Strengthen	0:10
6	Spoken Numbers Memorize	0:15	6	Images Memorize	0:30	6	Locations Strengthen	0:20
7	Dates Memorize	0:20	7	Binary Strengthen	0:05	7	Spoken Numbers Stre	0:05
8	Images Strengthen	0:15	8	Binary Memorize	0:20	8	Journal	0:05
9	Locations Strengthen	0:10	9	Journal	0:05			
10	Journal	0:05						
Total Time:		1:55	Total Time:		2:10	Total Time:		1:25
Day 7								
Rest								