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Story: DRAFT - Angel: A Training Schedule  
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<http://www.amazon.com/Max/e/B00522U99I>)  
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Author: Max (max AT cherishdesire DOT com,  
<http://www.amazon.com/Max/e/B00522U99I>)  
Title: DRAFT - Angel : A Training Schedule  
Universe: Tim, Angel  
Summary: In response to a lot of inquiries I see across a variety of  
stories and lifestylers, the Angel stories include communications  
that suggest manners of scheduling and training. This story is more  
of just that, a schedule offered to Angel that provides specific  
activities throughout the day to accomodate her needs and her body's  
training. Tom provides the practical and pragmatic approach for  
summarizing what he expects of Angel. This story contains implied  
dildo play and implied masturbation.  
Keywords: MDom, Implied Dildo, Implied Mast, Large Toys, Training  
Language: English  
Availability: DRAFTS (<http://www.asstr.org/~Max>), PUBLICATION (TBD)

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DRAFT - Angel: A Training Schedule  
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written by Max  
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Implied Dildo, Implied Mast, MDom  
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How does a woman prepare herself for the ministrations of the flesh?  
Why not approach the problem like another - working out at the gym  
to build muscle tone? A regimen of training and exercise blended  
into the workday to provide for the maximum potential benefit.

When Tom laid out this schedule he knew it wouldn't be possible for  
it to be carried out to the letter. However, the point was to  
clarify how Angel needed to begin making changes - changes in  
activities to accomodate her goals and dreams. Everyone in the  
lifestyle faces similar choices. Tom was giving Angel an option  
for a manner of adapting herself to his desires in a structured  
way.

He proposed the following:

- 1) Up by 7am each morning - earlier if you have an early morning gym session.
- 2) Shower by 8am or after your early morning gym time- with toy play, size based on your interest and mood, both vaginal and anal penetration, to orgasm if possible.
- 3) As part of preparing for your day you will either wear a small toy in front or back in the mornings (a bigger one if you feel so inclined), and you will 'perk' your nipples with the suction device (nipple constriction as you feel inclined). Then you can dress and do your hair, etc as usual.
- 4) Office time from 9:15am to 10:45am - I need you focused on the managing the home office and any maintenance, so that's what you will work on. In addition there will be mail to be sorted and filed into the appropriate manilla folders. There may be other things I need done as well with respect to the business paperwork, but those will be on a case by case basis.
- 5) Break time by 11am - a small nutritious lunch, restroom break for removing your morning toy, and then one hour to play with your big toys. You should be using the largest of your toys at lunch time so you are opened for your afternoon work. Orgasming is ideal, whether by penetration or grinding across the shaft of your big ridged toys at your discretion. Use this time to get your body used to and past some of the discomfort due to bruising and stretching of your Swelled Head toy as it stretches your vagina open to four inches wide. Finish up with your balls or a large plug inside of you - and take a brisk shower to rinse off as necessary.
- 6) 1pm to 3pm back at work in the office. Again the initial focus is maintaining, but in the afternoon you will probably need to split your time in and outside of the house. At the end of this period you'll want to retrieve the mail and any packages that have arrived. If there are checks to deposit for the business or yourself, you can do them during this period or prepare them to take the following morning. This is also the ideal time to handle tracking your own finances and filing in the office, since your large plug/balls may limit your freedom of motion a bit.
- 7) 3:30pm is the time for taking out your afternoon toy and making certain you are open. You should at least play with one of your black toys and allow it to penetrate you as deeply as possible, and then relax with it inside of you for 10-15 minutes. This helps with the stretching of your opening as well as your inner walls - and should help whet your appetite for what is coming later. By 4:15 pm you should clean up your toys for the day and be ready to wrap up your office work, as well as have a little snack if you need it.

8) 4:30pm to 6pm - following clean up and a limited snack (some fruit or yogurt or cinnamon bread), you can go about finishing the last of your office work without a toy inside of you. Schedule your activities so by 6pm you are done with everything that must be done within one day, and plan accordingly in the morning so you don't work much past 6pm. Once I am coming home every evening, I would like you to be finished up by the time I get there so we can make dinner together. We will then cook together and eat.

9) 6:30pm dinner time. Hopefully if there is anything you needed from the store you've already run out and gotten it. Have a nice repast in front of the fireplace or out on the deck with Ghost, and when I am in town I will be able to spend those evening meals with you. Allow yourself some time to read the paper (Headline news and such just don't seem to care about actual news lately), a comfortable book, and a limited amount of alcohol to take the edge off. Some TV and some relaxing downtime is important - so don't allow yourself to work on things around the house at this time. It's also a good time to check online sites, email, etc.

10) 7:45pm to 9pm - time for the gym. There is some flexibility in this plan because I realize you have some morning gym opportunities. But you need to at least go to the gym every day for one hour of actual work out time. What you do there on a given day, be it a class or cardiovascular or weight lifting, you can sort out based on classes and your fitness training regime. But you need to go to the gym every day. Since you will be wearing toys earlier in the day, you may have to alternate your gym time and toy time. Eventually you will grow used to wearing even your large plugs while working out, but in the meantime you will want to leave those at home more often than not.

11) 9:15pm - shower time before bed. Time to scrub down, shave everything, and enjoy the hot water taking the tension out of your muscles after working out. Once you feel relaxed enough, go fetch a few toys and begin to play in the shower, or even move into the bath and play with them there after you've cleaned off in the shower. Allow variety and enjoyment to be your guide, and work your way to be by 10pm at the latest. There you can sleep (or stay awake with me on the phone) and enjoy your body and how wonderful it is inside and out as the workouts and toy playing help you tone and open and stay wet and puffy with those wonderfully pert cherry nipples. As you feel comfortable with it, I'd like you to always sleep with your biggest toy comfortably wedged into your cunt while I am not there. I guess on occasion you may even feel comfortable sleeping with the head of it inside of you, but that may take some time.

12) Hopefully this puts you to rest by 10:15pm or so, albeit you will be available all night for my entertainment and use.

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brought to you by Max

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