In [ ]:
```
def plan_route(v_control, t_control,v):
    send_list = []
    time_list = []
    i_angle = 9
    for i in range (len(v_control)):
        ang_flag = 0
        if(v_control[i] == 1):
            angle = 9 #index 9 -- 0 degree
        elif(v_control[i] == -1):
            angle = 0  #index 0 ---180 degree
        elif(v_control[i] == 2):
            angle = 13 #index 13 --90 degree
        elif(v_control[i] == -2):
            angle = 4 #index 4 -- -90 degree
        diff_ang = i_angle - angle
        if(abs(diff_ang) >= 2):
            if(diff_ang < 0):
                diff_ang = abs(diff_ang)
                #w = abs(w)
            else:
                diff_ang = 18 - diff_ang
                #w = -abs(w)

            t_turn = diff_ang // 4

            send_list.append("t")
            time_list.append(t_turn)
            i_angle = angle

        send_list.append("f")
        #i_angle = pose[2]
        v_t = t_control[i]/v*10
        time_list.append(round(v_t))
        time.sleep(0.1)
    return send_list, time_list
```