|  |
| --- |
| Group C June Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/30 – 6/5 | 3 | 4 | 3 | 4 | 3 | 5 | OFF | 22 |
|   |   |   |   |   |   |   |   |   |
| 6/6 – 6/12 | 4 | 4 | 4 | 4 | 4 | 5 | OFF | 25 |
|   |   |   |   |   |   |   |   |   |
| 6/13 – 6/19 | 4 | 5 | 4 | 5 | 4 | 6 | OFF | 28 |
|   |   |   |   |   |   |   |   |   |
| 6/20 – 6/26 | 3 | 4 | 3 | 4 | 3 | 5 | OFF | 22 |
|  |  |  |  |  |  |  |  |  |

|  |
| --- |
| Group C July Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/27 – 7/3 | 4 | 4 | 4 | 4 | 4 | 5 | OFF | 25 |
|   |   |   |   |   |   |   |   |   |
| 7/4 – 7/10 | 4 | 5 | 4 | 5 | 4 | 6 | OFF | 28 |
|   |   |   |   |   |   |   |   |   |
| 7/11 – 7/17 | 3 | 4 | 3 | 4 | 3 | 5 | OFF | 22 |
|   |   |   |   |   |   |   |   |   |
| 7/18 – 7/24 | 4 | 4 | 4 | 4 | 4 | 5 | OFF | 25 |
|   |   |   |   |   |   |   |   |   |
| 7/25 – 7/31 | 4 | 5 | 4 | 5 | 4 | 6 | OFF | 28 |
|  |  |  |  |  |  |  |  |  |