Brandon Brackenridge, Sebastian Fryer Galindo, Greyson Hilber, Elijah Fullerton, Isaiah Thompson, Nick Watson, Cora Barger, Emily Barney, Casey Butler, Kallie Drummond, Caitlyn Enyart, Dresden Jolly, Kate Kinnaman, Rachel Klapste, Allison McClure, Kylie Nucci, Grace Plummer, Macy Thomas

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Group D June Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/1 – 6/7 | 4 | 4 | 4 | 4 | 4 | 6 | OFF | 26 |
|  |  |  |  |  |  |  |  |  |
| 6/8 – 6/14 | 3 | 3 | OFF | 3 | 3 | 6 | OFF | 18 |
|  |  |  |  |  |  |  |  |  |
| 6/15 – 6/21 | 3 | 3 | 3 | 4 | 4 | 6 | OFF | 23 |
|  |  |  |  |  |  |  |  |  |
| 6/22 – 6/28 | 4 | 4 | 4 | 4 | 4 | 6 | OFF | 26 |
|  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Group D July Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/29 – 7/5 | 3 | 3 | 3 | 4 | 4 | 6 | OFF | 23 |
|  |  |  |  |  |  |  |  |  |
| 7/6 – 7/12 | 4 | 4 | 4 | 4 | 4 | 6 | OFF | 26 |
|  |  |  |  |  |  |  |  |  |
| 7/13 – 7/19 | 3 | 4 | 3 | 4 | 4 | 6 | OFF | 24 |
|  |  |  |  |  |  |  |  |  |
| 7/20 – 7/26 | 4 | 4 | 4 | 5 | 4 | 6 | OFF | 27 |
|  |  |  |  |  |  |  |  |  |
| 7/27 – 8/2 | 4 | 5 | 4 | 5 | 5 | 7 | OFF | 30 |
|  |  |  |  |  |  |  |  |  |