Hammet Knupp

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| Group A June Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/1 – 6/7 | 3/5 | 8 | 5 | 8/3 | 7 | 11 | 2 | 52 |
|   |   |   |   |   |   |   |   |   |
| 6/8 – 6/14 | 5 | 6 | 5 | 6 | 6 | 9 | OFF | 37 |
|   |   |   |   |   |   |   |   |   |
| 6/15 – 6/21 | 6 | 7 | 6 | 7 | 6 | 10 | OFF | 47 |
|   |   |   |   |   |   |   |   |   |
| 6/22 – 6/28 | 3/6 | 7 | 6 | 6/3 | 7 | 11 | 3 | 52 |
|  |  |  |  |  |  |  |  |  |

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| --- |
| Group A July Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/29 – 7/5 | 3/6 | 7 | 6 | 7/3 | 6 | 11 | OFF | 49 |
|   |   |   |   |   |   |   |   |   |
| 7/6 – 7/12 | 7 | 8 | 7 | 7/3 | 7 | 12 | 3 | 54 |
|   |   |   |   |   |   |   |   |   |
| 7/13 – 7/19 | 2/8 | 8 | 7 | 8/3 | 6 | 12 | 3 | 57 |
|   |   |   |   |   |   |   |   |   |
| 7/20 – 7/26 | 2/8 | 8 | 8 | 8/3 | 8 | 12 | 3 | 60 |
|   |   |   |   |   |   |   |   |   |
| 7/27 – 8/2 | 2/7 | 7 | 8 | 7/3 | 7 | 13 | 3 | 57 |
|  |  |  |  |  |  |  |  |  |