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| Group A May Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/3 – 5/9 | 6 | 7 | 7 | 6 | 5 | 9 | OFF | 40 |
|  |  |  |  |  |  |  |  |  |
| 5/10 – 5/16 | 6 | 6 | 7 | 6 | 5 | 10 | OFF | 40 |
|  |  |  |  |  |  |  |  |  |
| 5/17 – 5/23 | 7 | 7 | 7 | 7 | 6 | 10 | OFF | 44 |
|  |  |  |  |  |  |  |  |  |
| 5/24 – 5/30 | 7 | 6 | 7 | 7 | 6 | 11 | OFF | 44 |
|   |   |   |   |   |   |   |   |   |