|  |
| --- |
| Group B June Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/30 – 6/5 | 5 | 5 | 4 | 4 | 4 | 7 | OFF | 29 |
|   |   |   |   |   |   |   |   |   |
| 6/6 – 6/12 | 5 | 5 | 5 | 5 | 5 | 7 | OFF | 32 |
|   |   |   |   |   |   |   |   |   |
| 6/13 – 6/19 | 5 | 6 | 5 | 6 | 5 | 8 | OFF | 35 |
|   |   |   |   |   |   |   |   |   |
| 6/20 – 6/26 | 4 | 5 | 4 | 5 | 4 | 7 | OFF | 29 |
|  |  |  |  |  |  |  |  |  |

|  |
| --- |
| Group B July Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/27 – 7/3 | 5 | 5 | 5 | 5 | 5 | 7 | OFF | 32 |
|   |   |   |   |   |   |   |   |   |
| 7/4 – 7/10 | 5 | 6 | 5 | 6 | 5 | 8 | OFF | 35 |
|   |   |   |   |   |   |   |   |   |
| 7/11 – 7/17 | 4 | 5 | 4 | 5 | 4 | 7 | OFF | 29 |
|   |   |   |   |   |   |   |   |   |
| 7/18 – 7/24 | 5 | 5 | 4 | 5 | 5 | 8 | OFF | 32 |
|   |   |   |   |   |   |   |   |   |
| 7/25 – 7/31 | 5 | 6 | 5 | 6 | 5 | 8 | OFF | 35 |
|  |  |  |  |  |  |  |  |  |