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| Group C May Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/2 – 5/8 | 4 | 3 | 4 | OFF | 3 | 5 | OFF | 19 |
|  |   |   |   |   |   |   |   |   |
| 5/9 – 5/15 | 3 | 4 | 3 | 4 | 3 | 5 | OFF | 22 |
|  |   |   |   |   |   |   |   |   |
| 5/16 – 5/22 | 4 | 4 | 4 | 4 | 4 | 5 | OFF | 25 |
|  |   |   |   |   |   |   |   |   |
| 5/23 – 5/29 | 4 | 3 | 4 | OFF | 3 | 5 | OFF | 19 |
|   |   |   |   |   |   |   |   |   |