Salahudinn Abdul-Hamad, Zach Davis, Michael Harris, Greyson Hilber, Kobe Hulsey, Emily Barney, Alissa Blake, Katie Criswell, Hannah Hogan, Allison McClure, Kendall Pitts, Aspen Steele, Kat Sweeney

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Group C April Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 4/13 – 4/19 | 4 | 4 | 4 | 4 | 3 | 6 | OFF | 25 |
|  |  |  |  |  |  |  |  |  |
| 4/20 – 4/26 | 4 | 5 | 5 | 4 | 4 | 6 | OFF | 28 |
|  |  |  |  |  |  |  |  |  |
| 4/27 – 5/3 | 4 | 4 | 5 | 4 | 4 | 7 | OFF | 28 |
|  |  |  |  |  |  |  |  |  |

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