|  |
| --- |
| Group C June Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/31 – 6/6 | 3 | 4 | 4 | 4 | 3 | 6 | OFF | 24 |
|   |   |   |   |   |   |   |   |   |
| 6/7 – 6/13 | 3 | 4 | 4 | 4 | OFF | 6 | OFF | 21 |
|   |   |   |   |   |   |   |   |   |
| 6/14 – 6/20 | 3 | 4 | 4 | 4 | 3 | 6 | OFF | 24 |
|   |   |   |   |   |   |   |   |   |
| 6/21 – 6/27 | 4 | 4 | 5 | 4 | 3 | 7 | OFF | 27 |
|  |  |  |  |  |  |  |  |  |

|  |
| --- |
| Group C July Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/28 – 7/4 | 3 | 4 | 4 | 3 | 3 | 7 | OFF | 24 |
|   |   |   |   |   |   |   |   |   |
| 7/5 – 7/11 | 4 | 4 | 5 | 4 | 3 | 7 | OFF | 27 |
|   |   |   |   |   |   |   |   |   |
| 7/12 – 7/18 | 5 | 5 | 5 | 4 | 4 | 7 | OFF | 30 |
|   |   |   |   |   |   |   |   |   |
| 7/19 – 7/25 | 3 | 4 | 4 | 4 | 3 | 7 | OFF | 25 |
|   |   |   |   |   |   |   |   |   |
| 7/26 – 8/1 | 5 | 5 | 5 | 4 | 4 | 7 | OFF | 30 |
|  |  |  |  |  |  |  |  |  |