Brandon Brackenridge, Sebastian Fryer Galindo, Elijah Fullerton, Isaiah Thompson, Nick Watson, Cora Barger, Casey Butler, Kallie Drummond, Caitlyn Enyart, Dresden Jolly, Kate Kinnaman, Rachel Klapste, Kylie Nucci, Grace Plummer, Macy Thomas

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| --- |
| Group D April Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 4/13 – 4/19 | 3 | 3 | 4 | OFF | 3 | 5 | OFF | 18 |
|   |   |   |   |   |   |   |   |   |
| 4/20 – 4/26 | 3 | 3 | 4 | 3 | 3 | 5 | OFF | 21 |
|   |   |   |   |   |   |   |   |   |
| 4/27 – 5/3 | 3 | 3 | 4 | 3 | 3 | 5 | OFF | 21 |
|   |   |   |   |   |   |   |   |   |

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| --- |
| Group D May Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/4 – 5/10 | 4 | 4 | 4 | 3 | 4 | 5 | OFF | 24 |
|   |   |   |   |   |   |   |   |   |
| 5/11 – 5/17 | 4 | 4 | 4 | 3 | 4 | 5 | OFF | 24 |
|   |   |   |   |   |   |   |   |   |
| 5/18 – 5/24 | 4 | 4 | 4 | OFF | 4 | 6 | OFF | 22 |
|   |   |   |   |   |   |   |   |   |
| 5/25 – 5/31 | 3 | 4 | 4 | 3 | 4 | 6 | OFF | 24 |
|   |   |   |   |   |   |   |   |   |