|  |
| --- |
| Group B June Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/5 – 6/11 | 5 | 5 | 5 | 5 | 5 | 7 | OFF | 32 |
|   |   |   |   |   |   |   |   |   |
| 6/12 – 6/18 | 5 | 6 | 5 | 6 | 5 | 8 | OFF | 35 |
|   |   |   |   |   |   |   |   |   |
| 6/19 – 6/25 | 4 | 5 | 4 | 5 | 4 | 7 | OFF | 29 |
|   |   |   |   |   |   |   |   |   |
| 6/26 – 7/2 | 5 | 5 | 5 | 5 | 5 | 7 | OFF | 32 |
|  |  |  |  |  |  |  |  |  |

|  |
| --- |
| Group B July Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 7/3 – 7/9 | 5 | 6 | 5 | 6 | 5 | 8 | OFF | 35 |
|   |   |   |   |   |   |   |   |   |
| 7/10 – 7/16 | 4 | 5 | 4 | 5 | 4 | 7 | OFF | 29 |
|   |   |   |   |   |   |   |   |   |
| 7/17 – 7/23 | 4 | 5 | 4 | 6 | 5 | 8 | OFF | 32 |
|   |   |   |   |   |   |   |   |   |
| 7/24 – 7/30 | 5 | 6 | 5 | 6 | 5 | 8 | OFF | 35 |
|   |   |   |   |   |   |   |   |   |