|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Group A May Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/1 – 5/7 | 4 | 5 | 4 | 5 | 5 | 7 | OFF | 30 |
|  |  |  |  |  |  |  |  |  |
| 5/8 – 5/14 | 5 | 6 | 5 | 6 | 5 | 7 | OFF | 34 |
|  |  |  |  |  |  |  |  |  |
| 5/15 – 5/21 | 6 | 6 | 6 | 6 | 6 | 8 | OFF | 38 |
|  |  |  |  |  |  |  |  |  |
| 5/22 – 5/28 | 4 | 5 | 4 | 5 | 4 | 8 | OFF | 30 |
|  |  |  |  |  |  |  |  |  |
| 5/29 – 6/4 | 6 | 6 | 6 | 6 | 5 | 8 | OFF | 37 |
|  |  |  |  |  |  |  |  |  |