

Group E Summer Training

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
6/1	6/7	3	3	3	3	3	4		19
6/8	6/14	3	3	3	4	3	5		21
6/15	6/21	3	3	3	3	3	4		19
6/22	6/28	3	3	3	4	3	5		21
6/29	7/5	3	4	3	4	3	5		22
7/6	7/12	3	3	3	3	3	4		19
7/13	7/19	3	3	3	4	3	5		21
7/20	7/26	3	4	3	4	3	5		22
7/27	8/2	3	3	3	3	3	4		19