

Group D Summer Training

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
6/1	6/7	3	4	3	4	4	5		23
6/8	6/14	4	4	3	4	4	6		25
6/15	6/21	3	4	3	4	4	5		23
6/22	6/28	4	4	3	4	4	6		25
6/29	7/5	4	4	4	5	4	6		27
7/6	7/12	3	4	3	4	4	5		23
7/13	7/19	4	4	3	4	4	6		25
7/20	7/26	4	4	4	5	4	6		27
7/27	8/2	3	4	3	4	4	5		23