|  |
| --- |
| Group A June Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/5 – 6/11 | 5 | 7 | 5 | 7 | 7 | 10 | OFF | 41 |
|   |   |   |   |   |   |   |   |   |
| 6/12 – 6/18 | 6 | 7 | 6 | 8 | 7 | 11 | OFF | 45 |
|   |   |   |   |   |   |   |   |   |
| 6/19 – 6/25 | 4 | 7 | 4 | 7 | 6 | 9 | OFF | 37 |
|   |   |   |   |   |   |   |   |   |
| 6/26 – 7/2 | 5 | 7 | 5 | 7 | 7 | 10 | OFF | 41 |
|  |  |  |  |  |  |  |  |  |

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| --- |
| Group A July Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 7/3 – 7/9 | 6 | 7 | 6 | 8 | 7 | 11 | OFF | 45 |
|   |   |   |   |   |   |   |   |   |
| 7/10 – 7/16 | 4 | 7 | 4 | 6 | 6 | 10 | OFF | 37 |
|   |   |   |   |   |   |   |   |   |
| 7/17 – 7/23 | 5 | 7 | 5 | 7 | 7 | 10 | OFF | 41 |
|   |   |   |   |   |   |   |   |   |
| 7/24 – 7/30 | 6 | 7 | 6 | 8 | 7 | 11 | OFF | 45 |
|   |   |   |   |   |   |   |   |   |