

Group B Summer Training

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
6/1	6/7	5	5	4	5	5	8		32
6/8	6/14	5	6	5	6	6	9		37
6/15	6/21	5	5	5	5	5	8		33
6/22	6/28	5	6	5	6	6	9		37
6/29	7/5	5	7	5	7	7	10		41
7/6	7/12	5	5	5	5	5	8		33
7/13	7/19	5	6	5	6	6	9		37
7/20	7/26	5	7	5	7	7	10		41
7/27	8/2	5	5	5	5	5	8		33