

Group C Summer Training

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
6/1	6/7	4	4	4	5	4	7		28
6/8	6/14	5	5	4	5	5	8		32
6/15	6/21	4	5	4	5	4	7		29
6/22	6/28	5	5	4	5	5	8		32
6/29	7/5	5	5	5	6	5	8		34
7/6	7/12	4	5	4	5	4	7		29
7/13	7/19	5	5	4	5	5	8		32
7/20	7/26	5	5	5	6	5	8		34
7/27	8/2	4	5	4	5	4	7		29