|  |
| --- |
| Group C May Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/1 – 5/7 | 4 | 3 | 4 | OFF | 3 | 5 | OFF | 19 |
|  |   |   |   |   |   |   |   |   |
| 5/8 – 5/14 | 3 | 4 | 3 | 4 | 3 | 5 | OFF | 22 |
|  |   |   |   |   |   |   |   |   |
| 5/15 – 5/21 | 4 | 4 | 4 | 4 | 4 | 5 | OFF | 25 |
|  |   |   |   |   |   |   |   |   |
| 5/22 – 5/28 | 4 | 3 | 4 | OFF | 3 | 5 | OFF | 19 |
|   |   |   |   |   |   |   |   |   |
| 5/29 – 6/4 | 3 | 4 | 3 | 4 | 3 | 5 | OFF | 22 |
|  |  |  |  |  |  |  |  |  |