

Group A Summer Training

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
6/1	6/7	6	6	6	7	6	10		41
6/8	6/14	7	7	6	7	7	11		45
6/15	6/21	6	6	6	7	6	10		41
6/22	6/28	7	7	6	7	7	11		45
6/29	7/5	7	8	7	8	7	12		49
7/6	7/12	6	6	6	7	6	10		41
7/13	7/19	7	7	6	7	7	11		45
7/20	7/26	7	8	7	8	7	12		49
7/27	8/2	6	6	6	7	6	10		41