|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Group C June Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/5 – 6/11 | 4 | 4 | 4 | 4 | 4 | 5 | OFF | 25 |
|  |  |  |  |  |  |  |  |  |
| 6/12 – 6/18 | 4 | 5 | 4 | 5 | 4 | 6 | OFF | 28 |
|  |  |  |  |  |  |  |  |  |
| 6/19 – 6/25 | 3 | 4 | 3 | 4 | 3 | 5 | OFF | 22 |
|  |  |  |  |  |  |  |  |  |
| 6/26 – 7/2 | 4 | 4 | 4 | 4 | 4 | 5 | OFF | 25 |
|  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Group C July Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 7/3 – 7/9 | 4 | 4 | 4 | 4 | 4 | 5 | OFF | 25 |
|  |  |  |  |  |  |  |  |  |
| 7/10 – 7/16 | 4 | 5 | 4 | 5 | 4 | 6 | OFF | 28 |
|  |  |  |  |  |  |  |  |  |
| 7/17 – 7/23 | 3 | 4 | 3 | 4 | 3 | 5 | OFF | 22 |
|  |  |  |  |  |  |  |  |  |
| 7/24 – 7/30 | 4 | 4 | 4 | 4 | 4 | 5 | OFF | 25 |
|  |  |  |  |  |  |  |  |  |