|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Group A May Training | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday |
| 5/1 – 5/5 |  |  | 30min | 30min | 30min | 40min |  |
|  |  |  |  |  |  |  |  |
| 5/6 – 5/12 | 40min | 40min | 40min | 40min | 40min | 50min |  |
|  |  |  |  |  |  |  |  |
| 5/13 – 5/19 | 40min | 40min | 40min | 40min | 40min | 50min |  |
|  |  |  |  |  |  |  |  |
| 5/20 – 5/26 | 40min | 40min | 40min | 40min | 40min | 55min |  |
|  |  |  |  |  |  |  |  |
| 5/27 – 6/2 | 45min | 45min | 45min | 45min | 45min | 60min |  |
|  |  |  |  |  |  |  |  |