

# TRAINING FOR WARRIORS

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				6:00am JB - S		
				9:30am JB - S	8:00am CF - EC	
				6:00pm JJ - EC		
4	5	6	7	8	9	10
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
7:30pm CF- H	7:30pm JJ- S	7:30pm CF- EC	7:30pm JJ - S	6:00pm JJ - EC		
11	12	13	14	15	16	17
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
7:30pm CF- H	7:30pm JJ- S	7:30pm CF- EC	7:30pm JJ - S	6:00pm JJ - EC		
18	19	20	21	22	23	24
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
7:30pm CF- H	7:30pm JJ- S	7:30pm CF- EC	7:30pm JJ - S	6:00pm JJ - EC		
25	26	27	28	29	30	
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - EC	6:00am JB - S		
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
7:30pm CF- H	7:30pm JJ- S	7:30pm CF- EC	7:30pm JJ - S	6:00pm JJ - EC		

Coaches		Warrior Challenges (WC)		Warrior Sessions Key	
		June 1st-8th -Warrior Weigh-in / Measurements		Hurricanes - H	
<b>CF</b>	Cobo Fajardo	<b>June 6th</b>	1 minute Knee Grab	Metabolic (Energy) Circuits- EC	
<b>JB</b>	Jeff Biehl	<b>June 13th</b>	150 m shuttle (1x)	Strength - S	
<b>JZ</b>	Julian Jimenez	<b>June 20th</b>	1-Minute Chin Up		
<b>KM</b>	Kyla McCulley	<b>June 27th</b>	75 rep Challenge		
		4 Wks. Front Bar Squat - Bench Press		Circuit Style	

Memorial Athletic Club

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