

# TRAINING FOR WARRIORS

## October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
6:00am JB - H	6:00am JZ - S	6:00am JB - EC	6:00am JZ - 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 JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
9	10	11	12	13	14	15
6:00am JB - H	6:00am JZ - S	6:00am JB - EC	6:00am JZ - 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 JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
16	17	18	19	20	21	22
6:00am JB - H	6:00am JZ - S	6:00am JB - EC	6:00am JZ - 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 JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
23	24	25	26	27	28	29
6:00am JB - H	6:00am JZ - S	6:00am JB - EC	6:00am JZ - 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 JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
30	31					
6:00am JB - H	6:00am JZ - S					
9:30am JB-H	9:30am KM - S					
7:30pm JZ- H	7:30pm JZ- S					
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
		October 2nd-9th - Warrior Weigh-in / Measurements & Choose one / Lose one			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
JB	Jeff Biehl	October 4th MAX Push ups & 1 miin Knee Grab				
JZ	Julian Jimenez	October 11th MAX Chin up / TRX Row				
KM	Kyla McCulley	October 18th 150 yard shuttle				
		October 25th 75 rep Challenge				
		Pushup, MB Slam, Situps				
		4 Wks. Dead Lift & Bench Press		Circuit Style		