

TRAINING FOR WARRIORS

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
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		
9	10	11	12	13	14	15
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		
16	17	18	19	20	21	22
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		
23	24	25	26	27	28	29
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		
30						
6:00am JB - H						
9:30am JB-H						
7:30pm CF- H						
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
		April 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
CF	Cobo Fajardo	April 4th MAX Push ups / TRX Body Row			Metabolic (Energy) Circuits- EC	
JB	Jeff Biehl	April 11th 150 yard shuttle run			Strength - S	
JZ	Julian Jimenez	April 18th 1 -minute Knee Grab Sit up				
KM	Kyla McCulley	April 25th 75 rep Challenge				
		4 Wks. Back Bar Squat - Bench Press			Circuit Style	