

TRAINING FOR WARRIORS

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			6:00am CF - EC	6:00am JB - S		
			9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
			7:30pm KT - S	6:15pm KT - EC		
5	6	7	8	9	10	11
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 KT- S	7:30pm CF- EC	7:30pm KT- S	6:15pm KT - EC		
12	13	14	15	16	17	18
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 KT- S	7:30pm CF- EC	7:30pm KT- S	6:15pm KT - EC		
19	20	21	22	23	24	25
6:00am JB - H	6:00am CF - S	6:00am JB - EC	Happy Thanksgiving			
9:30am JB-H	9:30am KM - S	9:30am JB - EC	No Class	9:30am JB - S	8:00am CF - EC	
7:30pm CF- H	7:30pm KT- S	7:30pm CF- EC	MAC hrs. 8am-12pm			
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		
7:30pm CF- H	7:30pm KT- S	7:30pm CF- EC	7:30pm KT- S	6:15pm KT - EC		
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
JB	Jeff Biehl	November 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
CF	Cobo Fajardo	November 7th 1 minute Chin Up				
KM	Kyla McCulley	November 14th 150 yard shuttle run				
BT	Brittany Thompson	November 21st 1 minute Sit OUT				
KT	Kevin Tran	November 28th 75 Rep Challenge				
		4 Wks. Front Bar Squat - Bench Press			Circuit Style	