

TRAINING FOR WARRIORS

June 2017

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

Coaches		Warrior Challenges (WC)	Warrior Sessions Key
		June 1st-8th - Warrior Weigh-in / Measurements & Choose one / Lose one	Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S
JB	Jeff Biehl	June 7th 2 Minute Chin Up	
JZ	Julian Jimenez	June 14th 150 yard shuttle test (1x)	
KM	Kyla McCulley	June 21st 2 minute Sit OUT	Warrior Challenges -Mon., Wed & Thurs
		June 28th 75 rep Challenge	
		Pushup, MB Slam, Situps	
		4 Wks. Front Squat & Bench Press	Circuit Style