

TRAINING FOR WARRIORS

February 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 JJ - S	6:00pm JJ - 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 JJ - S		7:30pm JJ - S	6:00pm JJ - 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 JJ - S		7:30pm JJ - S	6:00pm JJ - EC		
19	20	21	22	23	24	25
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 JJ - S		7:30pm JJ - S	6:00pm JJ - EC		
26	27	28				
6:00am JB - H	6:00am CF - S	6:00am JB - EC				
9:30am JB-H	9:30am KM - S	9:30am JB - EC				
	7:30pm JJ - S					
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
		February 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
CF	Cobo Fajardo	February 7th	3 min Push Up			
JB	Jeff Biehl	February 14th	Valentines Day Partner Workout			
JZ	Julian Jimenez	February 21st	3 min Knee Grab Sit ups			
KM	Kyla McCulley	February 28th	75 rep Challenge			
		4 Wks. Back Bar Squat - Bench Press			Circuit Style	