

TRAINING FOR WARRIORS

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				6:00am JB - S		
				9:30am JB - S	8:00am CF - EC	
				6:15pm KT - EC		
4	5	6	7	8	9	10
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		
11	12	13	14	15	16	17
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		
18	19	20	21	22	23	24
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - EC			
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			
25	26	27	28			
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - EC			
9:30am JB-H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC			
7:30pm CF- H	7:30pm KT- S	7:30pm CF- EC	7:30pm KT- S			
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
JB	Jeff Biehl	February 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
CF	Cobo Fajardo	February 6th 3-min Push up				
KM	Kyla McCulley	February 13th 3-min Knee Grab				
BT	Brittany Thompson	February 20th 1 min. Sit OUT				
KT	Kevin Tran	February 27th 75 Rep Challenge				
		4 Wks. Back Squat - Bench Press			Circuit Style	