

TRAINING FOR WARRIORS

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		6:00am JB -EC	6:00am CF -EC	6:00am CF - S		
		9:30am JB -EC	9:30am CF - EC	9:30am CF - S	8:00am CF - EC	
		7:30pm CF- EC	8:00pm CF- S	6:00pm BT - EC		
6	7	8	9	10	11	12
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	6:00pm BT - EC		
13	14	15	16	17	18	19
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	6:00pm BT - EC		
20	21	22	23	24	25	26
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	6:00pm BT - EC		
27	28	29	30	31		
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	6:00pm BT - EC		
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
	Jeff Biehl	August 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
CF	Cobo Fajardo	August 8th 1 minute Sit OUT				
JB	Kyla McCulley	August 15th 3 minute Push Up				
KM	Brittany Thompson	August 22th 3 mintue Knee Grab				
	Kevin Tran	August 29th 75 Rep Challenge				
		4 Wks. Front Bar Squat - Bench Press			Circuit Style	