

TRAINING FOR WARRIORS

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	6:00am JZ - S	6:00am JB - EC	6:00am JZ - EC	6:00am JB - S		
	9:30am JZ - S	9:30am JB - EC	9:30am JZ - EC	9:30am JB - S	8:00am JZ - EC	
	7:30pm JZ - S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
7	8	9	10	11	12	13
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		
14	15	16	17	18	19	20
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		
21	22	23	24	25	26	27
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		
28	29	30	31	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	
		August 1st-8th - Warrior Weigh-in / Measurements & Choose one / Lose one			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
JB	Jeff Biehl	August 2nd 3 minute Push up				
JZ	Julian Jimenez	August 9th 3 minute Knee grab sit up				
KM	Kyla McCulley	August 16th 1 minute Squat w/ High Bear MB Hug			Warrior Challenges -Mon., Wed & Thurs	
		August 23rd 75 rep Challenge Push ups, Slams, Sit ups				
		August 30th 10 Burpee, 10 Sit OUTs, 10 Push ups Challenge				
		4 Wks. Dead Lift & Over Head Press			Circuit Style	