

TRAINING FOR WARRIORS

May 2022						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
6:00am JB - H	6:00am COBO -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am KM-S	9:30am JB -EC	9:30am KM-S	9:30am JB -S		
9	10	11	12	13	14	15
6:00am JB - H	6:00am COBO -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am KM-S	9:30am JB -EC	9:30am KM-S	9:30am JB -S		
16	17	18	19	20	21	22
6:00am JB - H	6:00am COBO -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am KM-S	9:30am JB -EC	9:30am KM-S	9:30am JB -S		
23	24	25	26	27	28	29
6:00am JB - H	6:00am COBO -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am KM-S	9:30am JB -EC	9:30am KM-S	9:30am JB -S		
30	31					
Memorial Day	6:00am COBO -S					
MAC open 7am-7pm	9:30am KM-S					
9:30am JB-H						
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
JB	Jeff Biehl	May 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
CF	Cobo Fajardo	May 4th	1 min Knee Grab and 1 min plank			
KM	Kyla McCulley	May 11th	1 min Burpee and 1 min plank			
		May 18th	1 min Push up and 1 min MB Slam			
		May 25th	75 rep challenge			