

TRAINING FOR WARRIORS

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	4	5	6	7	8	9
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		
10	11	12	13	14	15	16
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		
17	18	19	20	21	22	23
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		
24	25	26	27	28	29	30
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		
31						
6:00am JB - H						
9:30am JB-H						

Coaches		Warrior Challenges (WC)		Warrior Sessions Key	
JB	Jeff Biehl	Jan 1st-8th -Warrior Weigh-in / Measurements		Hurricanes - H	
CF	Cobo Fajardo	Jan 5h	1 min Sit UP	Metabolic (Energy) Circuits- EC	
KM	Kyla McCulley	Jan 12th	1 min Push up and 1 min plank	Strength - S	
		Jan 19th	1 min Sit OUT		
		Jan 26nd	75 rep challenge		