

TRAINING FOR WARRIORS

September 2023						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				6:00am JB -S		
				9:30am JB -S		
4	5	6	7	8	9	10
Labor Day	6:00am JUSTIN -S	6:00am JB -EC		6:00am JB -S		
8:00am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
MAC hrs. 7am-6pm						
11	12	13	14	15	16	17
6:00am JB - H	6:00am JUSTIN -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
18	19	20	21	22	23	24
6:00am JB - H	6:00am JUSTIN -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC	9:30am JUSTIN-S	9:30am JB -S		
25	26	27	28	29	30	
6:00am JB - H	6:00am JUSTIN -S	6:00am JB - H		6:00am JB -S		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB-H	9:30am JUSTIN-S	9:30am JB -S		
Coaches		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	September 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
JC	Justin Chiu	September 6th 1 min Knee Grab and 1 min plank			Metabolic (Energy) Circuits- EC	
		September 13th 1 min Push up and 1 min MB Slam			Strength - S	
		September 20th 75 rep challenge				
		September 27th Sprint Gauntlet				