

TRAINING FOR WARRIORS

July 2022

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
4th of July	6:00am COBO -S	6:00am JB -EC		6:00am KM -S		
9:30am JB-H	9:30am KM-S	9:30am JB -EC	9:30am KM-S	9:30am KM -S		
11	12	13	14	15	16	17
6:00am KM - H	6:00am COBO -S	6:00am KM -EC		6:00am KM -S		
9:30am KM-H	9:30am KM-S	9:30am KM -EC	9:30am KM-S	9:30am KM -S		
18	19	20	21	22	23	24
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		
25	26	27	28	29	30	31
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		
Coaches		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	July 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
CF	Cobo Fajardo	July 6th	1 min Sit up and 1 min plank		Metabolic (Energy) Circuits- EC	
KM	Kyla McCulley	July 13th	1 min Burpee and 1 min plank		Strength - S	
		July 20th	1 min Push up and 1 min MB Slam			
		July 27nd	75 rep challenge			