## TRAINING FOR WARRIORS

une 2024									
Monday		Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday	
	3	4	5		6	7	8		
1			6:00am JB -Decathlon	6:00am COBO WR	6:00am JB -S				
			9:30am JB -Decathlon	9:30am LEX - EC	9:30am JB -S				
3.77		15							
	10	11	12	1	13	14	15		
6:00am JB - H		6:00am COBO -S	6:00am JB -EC	6:00am COBO WR	6:00am JB -S			"It is a wise Father w knows his children William Shekespoure	
9:30am JB-H		9:30am LEX-S	9:30am JB -EC	9:30am LEX - EC	9:30am JB -S			Ple 3	
	11				11 1			Happy Father's Da	
	17	18	19	2	20	21	22		
6:00am JB - H		6:00am COBO -S	6:00am JB -Decathlon	6:00am COBO WR	6:00am JB -S				
9:30am JB-H		9:30am LEX-S	9:30am JB -Decathlon	9:30am LEX - EC	9:30am JB -S				
116		0 ( ) [	<b>FULL Decathlon</b>		1 1				
	24	25	26	2	27	28	29		
6:00am JB - H	11	6:00am COBO -S	6:00am JB -EC	6:00am COBO WR	6:00am JB -S				
9:30am JB-H		9:30am LEX-S	9:30am JB -EC	9:30am LEX - EC	9:30am JB -S				
	1								
		13	40.0						
			Warrior	Challenges	(C.O.T.D)		Warrior Se	ssions Key	
<b>JB</b> Jeff Biehl		JUNE 1st-8th -Warrior Weigh-in / Measurements				Hurricanes - H			
COBO Jacobo Fajardo		JUNE 5th 1 min Knee Grab and 1 min Push up				Metabolic (Energy) Circuits- EC			
JUSTIN		Justin Chiu	JUNE 12th 1 min Sit UP & 1 min Plank				Strength - S		
LEX		Alexia Hahn	JUNE 19th Broad jump				Warrior Restore - WR		
	Ī		JUNE 26th 75 rep challenge						