

# TRAINING FOR WARRIORS

| November 2025 |                                                                                   |                                                   |                                                      |              |                                 |        |
|---------------|-----------------------------------------------------------------------------------|---------------------------------------------------|------------------------------------------------------|--------------|---------------------------------|--------|
| Monday        | Tuesday                                                                           | Wednesday                                         | Thursday                                             | Friday       | Saturday                        | Sunday |
|               |                                                                                   |                                                   |                                                      |              | 1                               | 2      |
|               | Guantlet 2026 Training Begins!!!<br>TFW Guantlet 2026<br>January 25, 2025 - 2-4pm |                                                   |                                                      |              |                                 |        |
|               |                                                                                   |                                                   |                                                      |              |                                 |        |
|               |                                                                                   |                                                   |                                                      |              |                                 |        |
| 3             | 4                                                                                 | 5                                                 | 6                                                    | 7            | 8                               | 9      |
| 6:00am JB - H | 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 |                                 |        |
|               |                                                                                   |                                                   |                                                      |              |                                 |        |
| 10            | 11                                                                                | 12                                                | 13                                                   | 14           | 15                              | 16     |
| 6:00am JB - H | 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 |                                 |        |
|               |                                                                                   |                                                   |                                                      |              |                                 |        |
| 17            | 18                                                                                | 19                                                | 20                                                   | 21           | 22                              | 23     |
| 6:00am JB - H | 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 |                                 |        |
|               |                                                                                   |                                                   |                                                      |              |                                 |        |
| 24            | 25                                                                                | 26                                                | 27                                                   | 28           | 29                              | 30     |
| 6:00am JB - H | 6:00am COBO -S                                                                    | 6:00am JB -EC                                     | Happy Thanksgiving<br><br>MAC Open<br><br>8am - 12pm | 7:00am JB -S |                                 |        |
| 9:30am JB-H   | 9:30am LEX-S                                                                      | 9:30am JB - EC                                    |                                                      | 9:30am JB -S |                                 |        |
|               |                                                                                   |                                                   |                                                      |              |                                 |        |
| TFW Coaches   |                                                                                   | Warrior Challenges (C.O.T.D)                      |                                                      |              | Warrior Sessions Key            |        |
| JB            | Jeff Biehl                                                                        | November 1st-8th -Warrior Weigh-in / Measurements |                                                      |              | Hurricanes - H                  |        |
| COBO          | Jacobo Fajardo                                                                    | November 5th 1 min Sit Up & 1 min Push Up         |                                                      |              | Metabolic (Energy) Circuits- EC |        |
| LEX           | Alexia Hahn                                                                       | November 12th 1 min Chin UP or TRX Body Row       |                                                      |              | Strength - S                    |        |
|               |                                                                                   | November 19th 1 minutue Sit OUT                   |                                                      |              | Warrior Restore - WR            |        |
|               |                                                                                   | November 26th 75 Rep Challenge                    |                                                      |              |                                 |        |
|               |                                                                                   |                                                   |                                                      |              |                                 |        |

Memorial Athletic Club, 14690 Memorial Drive Houston, Texas 77079 (281) 497-7570