


TRAINING FOR WARRIORS

May 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		6:00am JB -Decathlon	6:00am COBO WR	6:00am JB -S		
		9:30am JB -Decathlon	9:30am COBO - EC	9:30am JB -S		
6	7	8	9	10	11	12
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 JUSTIN-S	9:30am JB -EC	9:30am COBO - EC	9:30am JB -S		
13	14	15	16	17	18	19
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 JUSTIN-S	9:30am JB -Decathlon	9:30am COBO - EC	9:30am JB -S		
20	21	22	23	24	25	26
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 JUSTIN-S	9:30am JB -EC	9:30am COBO - EC	9:30am JB -S		
27	28	29	30	31		
6am-NO CLASS	6:00am COBO -S	6:00am JB -Decathlon	6:00am COBO WR	6:00am JB -S		
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -Decathlon	9:30am COBO - EC	9:30am JB -S		
Memorial Day						
7am-7pm		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	May 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
COBO	Jacobo Fajardo	May 1st	1 min Knee Grab and 1 min Push up		Metabolic (Energy) Circuits- EC	
JUSTIN	Justin Chiu	May 8th	1 min Sit OUT		Strength - S	
		May 15th	1 min Chin up or TRX Body Row		Warrior Restore - WR	
		May 22nd	1 min Sit UP & 1 min Plank			
		May 29th	75 rep challenge			

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