

# TRAINING FOR WARRIORS

**January 2023**

| Monday        | Tuesday          | Wednesday     | Thursday        | Friday       | Saturday | Sunday |
|---------------|------------------|---------------|-----------------|--------------|----------|--------|
| 2             | 3                | 4             | 5               | 6            | 7        | 8      |
| 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 |          |        |
|               |                  |               |                 |              |          |        |
| 9             | 10               | 11            | 12              | 13           | 14       | 15     |
| 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 |          |        |
|               |                  |               |                 |              |          |        |
| 16            | 17               | 18            | 19              | 20           | 21       | 22     |
| 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 |          |        |
|               |                  |               |                 |              |          |        |
| 23            | 24               | 25            | 26              | 27           | 28       | 29     |
| 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 |          |        |
|               |                  |               |                 |              |          |        |
| 30            | 31               |               |                 |              |          |        |
| 6:00am JB - H | 6:00am JUSTIN -S |               |                 |              |          |        |
| 9:30am JB-H   | 9:30am JUSTIN-S  |               |                 |              |          |        |

| Coaches   |             | Warrior Challenges (C.O.T.D)                     | Warrior Sessions Key            |
|-----------|-------------|--|---------------------------------|
| <b>JB</b> | Jeff Biehl  | January 1st-8th -Warrior Weigh-in / Measurements | Hurricanes - H                  |
| <b>JC</b> | Justin Chiu | January 4th 1 min Sit UP and 1 min plank         | Metabolic (Energy) Circuits- EC |
|           |             | January 11th 1 min Push Up and 1 min plank       | Strength - S                    |
|           |             | January 18st Broad Jump                          |                                 |
|           |             | January 25h 75 rep Challenge                     |                                 |