

TRAINING FOR WARRIORS

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	6:00am COBO -S	6:00am JB -EC		6:00am JB -S		
	9:30am COBO-S	9:30am JB -EC	9:30am COBO-S	9:30am JB -S		
7	8	9	10	11	12	13
6:00am JB - H	6:00am COBO -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am COBO-S	9:30am JB -EC	9:30am COBO-S	9:30am JB -S		
14	15	16	17	18	19	20
6:00am JB - H	6:00am COBO -S	6:00am JB -EC		6:00am JB -S		
9:30am JB-H	9:30am COBO-S	9:30am JB -EC	9:30am COBO-S	9:30am JB -S		
21	22	23	24	25	26	27
6:00am JB - H	6:00am COBO -S	6:00am JB -EC	No Class	No Class		
9:30am JB-H	9:30am COBO-S	9:30am JB -EC		9:30am JB -S		
28	29	30				
6:00am JB - H	6:00am COBO -S	6:00am JB -EC				
9:30am JB-H	9:30am COBO-S	9:30am JB -EC				

Coaches		Warrior Challenges (C.O.T.D)		Warrior Sessions Key	
JB	Jeff Biehl	November 1st-8th -Warrior Weigh-in / Measurements		Hurricanes - H	
CF	Cobo Fajardo	November 2nd	1 min Sit OUT and 1 min plank	Metabolic (Energy) Circuits- EC	
		November 9th	1 min Push Up and 1 min plank	Strength - S	
		November 16th	1 min TRX Row /Chin Up & 1 min MB Slam		
		November 23rd	1 min Sit UP and 1 min plank		
		November 30th	75 rep challenge		