


TRAINING FOR WARRIORS

November 2024						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				6:00am JB -S		
				9:30am JB -S		
4	5	6	7	8	9	10
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		
11	12	13	14	15	16	17
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		
18	19	20	21	22	23	24
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		
25	26	27	28	29	30	
6:00am JB - H	6:00am COBO -S	6:00am JB -EC		No 6am		
9:30am JB-H	9:30am LEX-S	9:30am JB -EC		9:30am JB -S		
				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 6th	2 min Push up		Metabolic (Energy) Circuits- EC	
JUSTIN	Justin Chiu	November 13th	1 min Sit OUT		Strength - S	
LEX	Alexia Hahn	November 20th	1 min Chin ups		Warrior Restore - WR	
		November 27th	75 REP Challenge			