

# TRAINING FOR WARRIORS

**June 2023**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
				6:00am JB -S		
			9:30am JUSTIN-S	9:30am JB -S		
5	6	7	8	9	10	11
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		
12	13	14	15	16	17	18
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		
19	20	21	22	23	24	25
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		
26	27	28	29	30		
6:00am JUSTIN- H	6:00am JUSTIN -S	6:00am JUSTIN -EC		6:00am JUSTIN -S		
9:30am JUSTIN-H	9:30am JUSTIN-S	9:30am JUSTIN -EC	9:30am JUSTIN-S	9:30am JUSTIN-S		
<b>Coaches</b>		<b>Warrior Challenges (C.O.T.D)</b>			<b>Warrior Sessions Key</b>	
<b>JB</b>	Jeff Biehl	June 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
<b>JC</b>	Justin Chiu	June 7th		1 min Knee Grab and 1 min plank		Metabolic (Energy) Circuits- EC
		June 14th		1 min Push up and 1 min plank		Strength - S
		June 21th		Sprint Gauntlet Challenge		
		June 28th		75 rep challenge		

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