

TRAINING FOR WARRIORS

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
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		
8	9	10	11	12	13	14
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		
15	16	17	18	19	20	21
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		
22	23	24	25	26	27	28
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		
29	30	31				
6:00am JB - H	6:00am JUSTIN -S	6:00am JB -EC				
9:30am JB-H	9:30am JUSTIN-S	9:30am JB -EC				
Coaches		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	MY 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
JC	Justin Chiu	May 3rd	1 min Knee Grab and 1 min plank		Metabolic (Energy) Circuits- EC	
		May 10th	1 min Push up and 1 min plank		Strength - S	
		May 17th	1 min Chin up			
		May 24th	75 rep challenge			
		May 31st	Sprint Gauntlet Challenge			

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