

TRAINING FOR WARRIORS

October 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		6:00am JB -EC	6:00am COBO WR	6:00am JB -S		
		9:30am JB -EC	9:30am LEX - EC	9:30am JB -S		
6	7	8	9	10	11	12
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		
13	14	15	16	17	18	19
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		
20	21	22	23	24	25	26
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		
27	28	29	30	31		
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		
		Warrior Challenges (C.O.T.D)			Warrior Sessions Key	
JB	Jeff Biehl	October 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
COBO	Jacobo Fajardo	October 1st	1 min Push up & 1 min Sit up		Metabolic (Energy) Circuits- EC	
LEX	Alexia Hahn	October 8th	1 min Chin UP or TRX Body Row		Strength - S	
		October 15th	1 minutue Sit OUT		Warrior Restore - WR	
		October 22th	Broad Jump			
		October 29th	75 Rep Challenge			

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