

# TRAINING FOR WARRIORS

## November 2020

| Monday         | Tuesday        | Wednesday   | Thursday           | Friday       | Saturday  | Sunday |
|----------------|----------------|---|--------------------|--------------|---|--------|
| 2              | 3              | 4   | 5                  | 6            | 7   | 8      |
| 6:00am JB - H  | 6:00am COBO -S | 6:00am JB -EC                                     |                    | 6:00am JB -S |   |        |
| 9:30am JB-H    |                | 9:30am JB -EC                                     |                    | 9:30am JB -S |   |        |
| 9              | 10             | 11  | 12                 | 13           | 14  | 15     |
| 6:00am JB - H  | 6:00am COBO -S | 6:00am JB -EC                                     |                    | 6:00am JB -S |   |        |
| 9:30am JB-H    |                | 9:30am JB -EC                                     |                    | 9:30am JB -S |   |        |
| 16             | 17             | 18  | 19                 | 20           | 21  | 22     |
| 6:00am JB - H  | 6:00am COBO -S | 6:00am JB -EC                                     |                    | 6:00am JB -S |   |        |
| 9:30am JB-H    |                | 9:30am JB -EC                                     |                    | 9:30am JB -S |   |        |
| 23             | 24             | 25  | 26                 | 27           | 28  | 29     |
| 6:00am JB - H  | 6:00am COBO -S | 6:00am JB -EC                                     | Happy Thanksgiving | No 6am class |   |        |
| 9:30am JB-H    |                | 9:30am JB -EC                                     | MAC Open           | 9:30am JB -S |   |        |
|                |                |   | 8am - 12pm         |              |   |        |
| 30             |                |   |                    |              |   |        |
| 6:00am JB - H  |                |   |                    |              |   |        |
| 9:30am JB-H    |                |   |                    |              |   |        |
| <b>Coaches</b> |                | <b>Warrior Challenges (WC)</b>                    |                    |              | <b>Warrior Sessions Key</b>                                       |        |
| <b>JB</b>      | Jeff Biehl     | November 1st-8th -Warrior Weigh-in / Measurements |                    |              | Hurricanes - H<br>Metabolic (Energy) Circuits- EC<br>Strength - S |        |
| <b>CF</b>      | Cobo Fajardo   | November 4th MAX Push Up                          |                    |              |   |        |
|                |                | November 11th 1-minute Knee Grab                  |                    |              |   |        |
|                |                | November 18th MAX Chin Up                         |                    |              |   |        |
|                |                | November 25th 75 rep challenge                    |                    |              |   |        |

Memorial Athletic Club

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