

# TRAINING FOR WARRIORS

## September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
6:00am JB - H	6:00am JZ - S	6:00am JB - EC	6:00am JZ - EC	6:00am JB - S		
9:30am JB - H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
7:30pm JZ - H	7:30pm JZ - S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
18	19	20	21	22	23	24
6:00am JB - H	6:00am JZ - S	6:00am JB - EC	6:00am JZ - EC	6:00am JB - S		
9:30am JB - H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
7:30pm JZ - H	7:30pm JZ - S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
25	26	27	28	29	30	
6:00am JB - H	6:00am JZ - S	6:00am JB - EC	6:00am JZ - EC	6:00am JB - S		
9:30am JB - H	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
7:30pm JZ - H	7:30pm JZ - S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
<b>Coaches</b>		<b>Warrior Challenges (WC)</b>			<b>Warrior Sessions Key</b>	
<b>JB</b>	Jeff Biehl				Hurricanes - H	
<b>JZ</b>	Julian Jimenez				Metabolic (Energy) Circuits- EC	
<b>KM</b>	Kyla McCulley				Strength - S	
					Warrior Challenges - Mon., Wed & Thurs	
4 Wks. Front Squat & Over Head Press				Circuit Style		