

TRAINING FOR WARRIORS

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - 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 CF - EC	
7:30pm CF- H	7:30pm KT- S	7:30pm CF- EC	7:30pm KT- S	6:15pm KT - EC		
8	9	10	11	12	13	14
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - 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 CF - EC	
7:30pm CF- H	7:30pm KT- S	7:30pm CF- EC	7:30pm KT- S	6:15pm KT - EC		
15	16	17	18	19	20	21
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - 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 CF - EC	
7:30pm CF- H	7:30pm KT- S	7:30pm CF- EC	7:30pm KT- S	6:15pm KT - EC		
22	23	24	25	26	27	28
6:00am JB - H	6:00am CF - S	6:00am JB - EC	6:00am CF - 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 CF - EC	
7:30pm CF- H	7:30pm KT- S	7:30pm CF- EC	7:30pm KT- S	6:15pm KT - EC		
29	30	31				
6:00am JB - H	6:00am CF - S	6:00am JB - EC				
9:30am JB-H	9:30am KM - S	9:30am JB - EC				
7:30pm CF- H	7:30pm KT- S	7:30pm CF- EC				
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
JB	Jeff Biehl	October 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
CF	Cobo Fajardo	October 10th 1 minute Chin Up				
KM	Kyla McCulley	October 17th Broad jump				
BT	Brittany Thompson	October 24th 1 minute Knee Grab				
KT	Kevin Tran	October 26th 75 Rep Challenge				
		4 Wks. Front Bar Squat - Bench Press			Circuit Style	