

# TRAINING FOR WARRIORS

## July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
6:00am KM - H	6:00am CF - S	<b>4th of July</b>	6:00am CF - EC	6:00am CF - S		
9:30am KM-H	9:30am CF - S	<b>No Classes</b>	9:30am CF - EC	9:30am CF - S	8:00am CF - EC	
7:30pm CF- H	8:00pm CF- S	<b>Club hrs 7am-3pm</b>	8:00pm CF- S	6:00pm CF - EC		
9	10	11	12	13	14	15
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	8:00pm CF- S	7:30pm CF- EC	8:00pm CF- S	6:00pm CF - EC		
16	17	18	19	20	21	22
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	8:00pm CF- S	7:30pm CF- EC	8:00pm CF- S	6:00pm CF - EC		
23	24	25	26	27	28	29
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	8:00pm CF- S	7:30pm CF- EC	8:00pm CF- S	6:00pm CF - EC		
30	31					
6:00am JB - H	6:00am CF - S					
9:30am JB-H	9:30am KM - S					
7:30pm CF- H	8:00pm CF- S					

Coaches		Warrior Challenges (WC)		Warrior Sessions Key	
		July 1st-8th -Warrior Weigh-in / Measurements		Hurricanes - H	
<b>CF</b>	Cobo Fajardo	<b>June 11th</b>	1 minute Knee Grab	Metabolic (Energy) Circuits- EC	
<b>JB</b>	Jeff Biehl	<b>July 18th</b>	Push up Max & Chin up Max	Strength - S	
<b>KM</b>	Kyla McCulley	<b>July 25th</b>	150 shuttle run		
		4 Wks. Front Bar Squat - Bench Press		Circuit Style	