

TRAINING FOR WARRIORS

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan. 1st 2018	2	3	4	5	6	7
MAC hrs 12pm-6pm	6:00am JZ - S	6:00am JB - EC	6:00am JZ - EC	6:00am JB - S		
No classes	9:30am KM - S	9:30am JB - EC	9:30am KM - EC	9:30am JB - S	8:00am JZ - EC	
	7:30pm JZ - S		7:30pm JZ - S	6:00pm JZ - EC		
8	9	10	11	12	13	14
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 - S		7:30pm JZ - S	6:00pm JZ - EC		
15	16	17	18	19	20	21
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 - S		7:30pm JZ - S	6:00pm JZ - EC		
22	23	24	25	26	27	28
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 - S		7:30pm JZ - S	6:00pm JZ - EC		
29	30	31				
6:00am JB - H	6:00am JZ - S	6:00am JB - EC				
9:30am JB-H	9:30am KM - S	9:30am JB - EC				
	7:30pm JZ - S					

Coaches

Warrior Challenges (WC)

Warrior Sessions Key

		January 1st-8th -Warrior Weigh-in / Measurements & Choose one / Lose one (2018 -5 goals)	Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S
JB	Jeff Biehl	January 3rd MAX Push up and MAX Chin Up	
JZ	Julian Jimenez	January 10th 150 yard Shuttle Run	
KM	Kyla McCulley	January 17th 1 min Knee Grab Sit Up	
		January 24th 75 rep Challenge	
		January 31st Broad Jump	
		4 Wks. Dead Lift - Over Head Press Circuit Style	