

TRAINING FOR WARRIORS

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 31	Jan..1st.....2019	2	3	4	5	6
	Happy New Year	6:00am JB -EC	6:00am CF -EC	6:00am JB - S		
9:30 am - CF H	MAC Open 12pm-8pm	9:30am JB -EC	9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
	No Class	7:30pm CF- EC	7:30pm KT- S	6:15pm KT - EC		
7	8	9	10	11	12	13
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		
14	15	16	17	18	19	20
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		
21	22	23	24	25	26	27
6:00am JB - H	6:00am CF -S	6:00am JB -EC	6:00am CF -EC			
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			
28	29	30	31			
6:00am JB - H	6:00am CF -S	6:00am JB -EC	6:00am CF -EC			
9:30am JB-H	9:30am KM - S	9:30am JB -EC	9:30am KM - EC			
7:30pm CF- H	7:30pm KT- S	7:30pm CF- EC	7:30pm KT- S			
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
JB	Jeff Biehl	January 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H Metabolic (Energy) Circuits- EC Strength - S	
CF	Cobo Fajardo	January 9th Max Push up				
KM	Kyla McCulley	January 16th Max Chin up/TRX				
BT	Brittany Thompson	January 23rd 150 yard shuttle run				
KT	Kevin Tran	January 30th 75 Rep Challenge				
		4 Wks. Back Squat - Bench Press			Circuit Style	