

TRAINING FOR WARRIORS

MARCH 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			6:00am CF - EC	6:00am JB - S		
			9:30am KM - EC	9:30am JB - S	8:00am CF - EC	
			7:30pm JJ - S	6:00pm JJ - EC		
5	6	7	8	9	10	11
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 JJ - S		7:30pm JJ - S	6:00pm JJ - EC		
12	13	14	15	16	17	18
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 JJ - S		7:30pm JJ - S	6:00pm JJ - EC		
19	20	21	22	23	24	25
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 JJ - S		7:30pm JJ - S	6:00pm JJ - EC		
26	27	28	29	30	31	
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 JJ - S		7:30pm JJ - S	6:00pm JJ - EC		
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
		March 1st-8th -Warrior Weigh-in / Measurements			Hurricanes - H	
CF	Cobo Fajardo	March 7th 2 minute chin up / TRX Body Row			Metabolic (Energy) Circuits- EC	
JB	Jeff Biehl	March 14th ST. Patrick's Day Luck 7's Workout			Strength - S	
JZ	Julian Jimenez	March 21st 2 minute SIT OUT				
KM	Kyla McCulley	March 28th 75 rep Challenge				
		4 Wks. Back Bar Squat - Bench Press			Circuit Style	