

TRAINING FOR WARRIORS

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
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 JZ - EC	9:30am JB - S	8:00am JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	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 JZ - EC	9:30am JB - S	8:00am JZ - EC	
7:30pm JZ- H	7:30pm JZ- S	7:30pm JZ - EC	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- H	7:30pm JZ- S	7:30pm JZ - EC	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- H	7:30pm JZ- S	7:30pm JZ - EC	7:30pm JZ - S	6:00pm JZ - EC		
29	30	31				
Memorial Day	6:00am JZ - S	6:00am JB - EC				
9:30am JB-H	9:30am KM - S	9:30am JB - EC				
MAC hrs 7am-7pm	7:30pm JZ- S	7:30pm JZ - EC				
Coaches		Warrior Challenges (WC)			Warrior Sessions Key	
		May 1st-6th - Warrior Weigh-in / Measurements & Choose one / Lose one			Hurricanes - H	
JB	Jeff Biehl				Metabolic (Energy) Circuits- EC	
JZ	Julian Jimenez	May 3rd 3 Minute Knee Grab			Strength - S	
KM	Kyla McCulley	May 10th 1 minute Pushup/Chin Up				
		May 17th 3 minute Push up			Warrior Challenges -Mon., Wed & Thurs	
		May 24th 1 Minute Sit OUT				
		4 Wks. Back Squat & Over Head Press)			Circuit Style	